

235
INTERNATIONAL

H&E

MONTHLY

VOL. 81 No. 4 CAN. \$2.75 U.K. 80p
GG.70330

**THE JURY'S
VERDICT ON
FREE BEACHES**

**READERS PHOTO
CONTEST**

**NUDE
FASHIONS**

**THE WORLD'S LARGEST SELLING
NATURIST MAGAZINE NOW IN
ITS 81st YEAR OF PUBLICATION**





THE 81st YEAR OF CONTINUOUS PUBLICATION

Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely free of any connection with, and is not influenced by, national associations, clubs or other organisations.

We publish news, views and reflections on the nudist scene. We look beyond the clubs to the evolving world where social nudity on the beaches and in our homes is affecting our modes, mores and morals. All are grist to the mill.

We believe in the cause of social nakedness and as such consider it our duty to promote its acceptance universally. Our propaganda both by word and picture is designed for total honesty of expression but at all times within the bounds of propriety. This magazine is entirely independent. The views expressed in literary contributions are not necessarily those of the Editor.

All characters are fictitious unless otherwise stated and there is no intended reference to persons either living or dead. This periodical is sold subject to the following conditions, namely, that it shall not, without the written consent of the publishers first given, be lent, resold, hired out or otherwise disposed of by way of trade, except at the full retail price, and that it shall not be lent, resold, hired out or otherwise disposed of in a mutilated condition or in any unauthorised cover by way of trade or affixed to or as part of any publications or advertising, literary or pictorial matter whatsoever. All contributions including colour transparencies and photographs submitted to the Magazine are sent at the owner's risk and whilst every care is taken, neither the publishers nor its agents accept liability for loss or damage.

Published by Interman International Management Inc. (Est.), P.O. Box 248, 94-90 Vaduz, Liechtenstein.

Design and Editorial Production by Peenhill Ltd., Paynes House, 23/24 Smithfield Street, London E.C.1.

All correspondence should be sent to the above address. Printed in England under foreign licence. © World copyright reserved.

CONTENTS

No. 4

FORM YOUR OWN GROUP by George Mann	2
THE NUDE FASHION by Helene	8
WARM UP by Sandra Brown	15
AM I REAL by Susan Mayfield	21
FREE SUN BEACH NEWS by Phil Vallack	24
SOCIAL MISBEHAVIOUR by Andrew Underwood	25
THE (NUDIST) ISLES OF GREECE by N. Grove	26
JANE'S A FREE BEACH BUFF	28
A JEWEL IN THE NUDIST GALAXY by Lance Ridgeway	35
THE JURY'S VERDICT by Maggie Stillwell	38
BARER THAN YOU by Robin Hoare	42
WATCH THE BIRDIES by Severn Miller	46
READY, STEADY, SHOOT! — PHOTO CLUB by Murray James	52
READERS' PHOTO COMPETITION PRIZES	54
READERS' LETTERS by Our Readers, of course	58
THIRTY YEARS AGO	61

EDITORIAL

BETWEEN OURSELVES

It is sad to receive letters from readers saying they find it hard to get our magazine. We find more and more that the entire edition is selling out and thus we are able to supply only a restricted number of back issues. One solution is to take out a subscription. Our details appear on page 57.

Another solution is to place a firm order with your local bookseller. If the bookseller knows that you will take the magazine every month then he will go to some trouble to get it for you. Unfortunately we know of some booksellers who cannot be bothered to order just a single issue. It puts them to too much trouble. But instead of saying so they make some excuse such as 'it is unobtainable.' On the contrary. We have never sold so many. If you want to be certain of your copy read page 57.

On a similar subject I would ask any of our writers or photographers who haven't received payment to get in touch with me, giving their address and the volume number and page their work appeared on. We have had a number of cheques returned through the post, some with no indication why they were not delivered. Write to me at Payne House, 23/24 Smithfield Street, London E.C.1, United Kingdom.

Murray Wren, Editor



Next Month Verdon Provence

In our issue out in May we take a look at one of our favourite nudist holiday resorts — that known as Verdon Provence in France. The resort is splendidly situated and must be unique in having a man-made lake at its doorstep. Here you have the best of both worlds — plenty of trees for shelter from the hot sun and any amount of water for those keen on swimming or even sailing. We bring you its story in both words and photographs. And, as always, the brightest and best in naturist articles and pictures.



Health and Efficiency receives many letters from those who say they have no club anywhere nearby. Invariably all the writers do is complain. Very rarely do they think of starting their own club. Yet it is easier than you think. You need no experience, just a place to use and some like-minded friends. George Mann knows it all and here he gives you the benefit of his experience.

WHY not form your own naturist group? Impossible? I very much doubt it. It may not be easy but difficulties can be overcome with a little enterprise.

Many who would like to become naturists do not have a sun club or naturist beach readily available. That need not mean that facilities for naturism do not exist.

First, find a kindred spirit. Among friends or relatives surely we can all find at least one other person interested in naturism. If we can, then that person can find another. So one interested party becomes two. Then three, four or more.

Perhaps one of the interested people has a private garden. A ready made location where friends can meet and relax naturally naked. There are many small, intimate groups throughout Europe. One quite near my own home. I have no sun club or officially approved naturist beach anywhere near. But I'm a naturist and a practising one.

It may be that a private garden is not available to a small group. Not immediately, that is. But it is surprising what can be found by persistent enquiry. Once, when I worked in a big city, I enquired through local newspapers for facilities to sunbathe in private.

My enquiries brought a few replies. Not many. But sufficient for me to not only receive offers of locations but offers of friend-

FORM YOUR OWN



GROUP



ship. Result? Another naturist group. I speak of long ago. Nowadays attitudes towards naturism are more liberal and you may fare even better than I did.

Some people prefer small, friendly groups. The idea of large sun clubs and huge naturist holiday centres deter many would be naturists. At least as a starting point. For them a small group is an ideal introduction.



One thing is certain. If you are interested in being a part of a small group and do nothing about it you'll get nowhere. So why not act? Now. This very moment.

Many small groups start with husband and wife. Or girlfriend and boyfriend. But even a single person can get things moving. As I have proved. Small groups can have advantages denied members of organised sun clubs.

In a small group of intimate friends there can be a happy, relaxed atmosphere. Please do not misunderstand. When I say relaxed atmosphere I am most certainly not hinting at immodesty. Or worse, a sexual free-for-all. If that is your idea of a small naturist group then that is your business. Not mine.

Obviously, if a private garden is used as a meeting place there are limitations. The small group,

of which I am one, meet in a lovely private setting. Courtesy often demands that only an hour or two is spent there. You may think that not worthwhile. I do not agree. An hour or two in pleasant company naturally naked is much better than no meeting at all.

At most there are never more than ten of us. Often only two or three. And sometimes, for people like me who work from

home, it is possible to enjoy many hours of happy solitude.

Naturists, in my experience, are decent responsible people. In a small naturist group the need for courtesy and the social graces is paramount. One has to be on one's best behaviour. That in itself is a good thing. In many walks of life today good manners, politeness and consideration for others is sadly lacking. But those attributes are synonymous with

'The naked body is never 'Grotesque''

naturism. As you will find out if you become a naturist.

In my own small group the lady who provides our seclusion had difficulty maintaining her grounds. Not any more. Because her naturist friends see to it that the garden is cared for. Pleasant work. The end result of which is beauty for all to appreciate.

All very well, you may say, if a sympathetic person with a private garden can be found. Well, I found one by discreet enquiry. Some people give lip service to the naturist campaign for free beaches. And that is all they do. Do I make myself clear? If you want something, then make an effort to obtain it.

Suppose you fail to find a haven. Is that the end of your wish for naturism? It is if you've neither the spirit or—forgive me—intelligence to take the matter further.

Let me quote you an example of enterprise in another context. A photographer wanted to set up a studio for portraiture. But hadn't the necessary capital. So he advertised for other interested people to form a co-operative. Result? A nicely equipped studio for a modest outlay. Cost of equipment and rental shared. So, instead of one unhappy photo-

grapher, there are now several happy ones! Easy!

Use the same principle for forming a naturist group. Somewhere you will find a farmer, landowner or private houseowner willing to consider leasing some land. Find your kindred spirits, have the will to succeed and persevere. It is worth it in the end.

Even the smallest hamlet or village must surely have at least two people who are naturists at heart. If not in fact. If any of my readers have facilities for a small group may I beg that they make the fact known.

The lady whose garden is used by my own small circle of naturists is a divorcee. A woman alone. Whose loneliness has been banished since she became hostess to a small group of decent, and therefore typical, naturists.

Once, when I was in the armed services, I found a sympathetic farmer prepared to permit my lady and me to sunbathe and relax naturally naked. Our only means of transport were bicycles. A long ride. Worth it? If you don't know what benefits sun, unpolluted air and complete relaxation can do for you then I suggest you find out.

Nowadays most people have a



'All this larking around is only an excuse to get his hands on me.'



Solitude and an empty beach—where better to strip?



'So you see we came here from the textile beach and now we're getting burnt in the most painful places.'

car or friends who have one. In the boot it is possible to carry sufficient food, water for washing and drinking and the few essentials for comfort. Enough to ensure a few hours of away from it all happiness.

Many people drive into the countryside or to the sea for pleasure. That pleasure can be increased immeasurably by going naturist. When I drive through the countryside I never miss an opportunity of finding a secluded spot and stripping off.

Working or playing naturally naked is a marvellous experience. Just try mowing a lawn on a summer's day constricted by clothing. Then, if you can, undress. Completely. So simple an exercise has often been an introduction to a lifetime as a naturist.

The naturist world is available to all. To individuals, couples, families. I am quite certain that universal acceptance of naturism can be of immense benefit to mankind.

Drugs

Consider the almost unbelievable daily parade of suffering humanity. Doctors' surgeries overcrowded. The constant call for more hospitals. If we were healthy then the cry should be for fewer doctors, fewer hospitals.

Consider also the appalling consumption of drugs. Prescribed in many cases for disorders that nature, given the chance, would quickly cure. Naturism is nature. Because the



Wise naturists get a tan before they go on holiday.

first thing naturism does is make us aware of our own bodies. Any necessary remedial action we take. At once. If we have any sense, that is. And who wants to know, in their heart, that they are stupid?

Do you want better health? Do you want a happier, more fulfilling life? Do you want a wider circle of friends? Do you want freedom to relax as naturally as possible?

Nil desperandum

If the answer is yes—and surely it is!—then help yourselves and, in so doing, help others. Do not, I beg you, write and tell me it is impossible to form a small naturist group. I do not like the word impossible.

To my certain knowledge there are countless people who would, if they could, become naturists. I have lost count of the number of people who have said to me: 'How I envy you! I wish I could be a naturist.'

To them, and to you, dear reader, I say this: The most worthwhile things that life can offer are achieved by our own efforts. Success at work or play is measured by what we do to achieve success. Little effort brings little reward.

So take heart. Say to yourself 'I can and I will.' Positive thinking is the key to success in all human endeavour. If you want to be a naturist then the only thing which can stop you is yourself.

THE NUDE FASHION

Does fashion have any place in Naturism? At first it would seem the answer is a firm No. But Naturism is more than just going nude when the sun is shining or the sea inviting. It is an attitude to life. And whether we like it or not it is hardly possible in our north European climate to go nude all the time.







HELENE is a fashion designer. A nudist fashion designer? Isn't that a contradiction? Helene thinks not. 'The only way ahead for fashion,' she says, 'is to take our inspiration from nudity. A designer must know what is going on in the world, must know what is happening around her. And it is obvious that everyone is taking more interest in their body and health.'

'Not only that, they are more interested in sport—taking part, not just looking. People are moving away from fantasy and pretence to the real world. The body no longer shocks them. Women are no longer ashamed of their shape. They happily go bare breasted on the beaches, very soon they will just as happily go completely nude.'

Women's Lib has had its influence. It's made most women more aggressive, more determined to make their own future. And that future definitely does not include being told by men what they should wear to satisfy some mythical 'fashion.' In the last 15 years women have taken a path towards freedom. It's now a one way path. There is no going back. No longer are we to be made fools of. Given the frilly look this year, the tailored look next and the dumb look the year after that.

'Now that we have learnt to go topless and sometimes bottomless on the beach, no one is going to force us back into tight, restricting clothes, either on or off the beach. But neither should we accept the ugly costume of present day nudists—the track suit. It may be suited to freedom of the body, but this is where the nudist fashion designer comes in—it should be graceful and beautiful as well. At the moment I can think of nothing so ugly as a young couple walking around a nudist resort in the evening wearing that old sack they call a track suit. No, naturism has to develop something more graceful than that. We may be against the wearing of clothes at certain times, but that doesn't mean to say that we should insult clothing with the track suit.'

'It is a question of the spirit of the times. We want simplicity. We want bodily freedom. We need no longer think in terms of selling our sex. Women's Lib has educated us out of that surely. It is degrading to be manipulated by the great Paris fashion houses into displaying our tight trousered buttocks one season and the next have our skirts hoisted around our hips.'

'In my opinion the way ahead lies in long flowing easy to put on (and take off) clothing.'



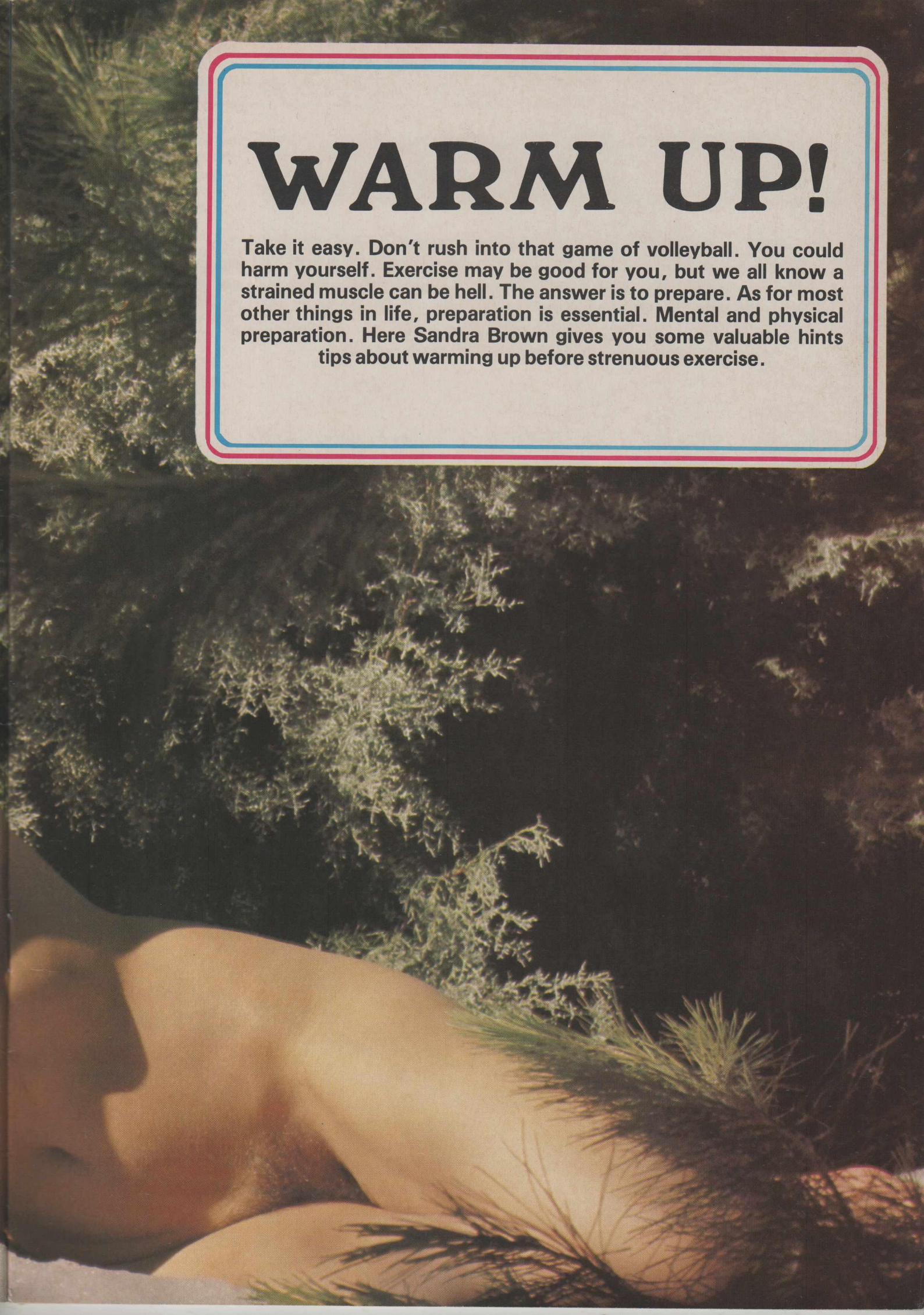






WARM UP!

Take it easy. Don't rush into that game of volleyball. You could harm yourself. Exercise may be good for you, but we all know a strained muscle can be hell. The answer is to prepare. As for most other things in life, preparation is essential. Mental and physical preparation. Here Sandra Brown gives you some valuable hints tips about warming up before strenuous exercise.



WITH a huff and a puff more and more people are getting the keep fit bug. As the word spreads about keeping younger longer through exercise, so an ever-increasing number take to the great outdoors in an effort to keep trim and stay youthful.

It is now an accepted fact that exercise is very good for you, especially if you are a nine to five office worker who spends most of the day seated firmly on a growing problem! Controlling weight, of course, is only one of the advantages of exercise. Regular exercise—and by this I mean at least three times a week—not only burns up calories to help control weight, but also tones up the muscles, increases stamina and the capacity of the heart and lungs so that they too function better. Exercise will also help to promote a good night's sleep by physically tiring the body. I think all of us would agree that we would like not only to look better without any excess flesh but also feel better in ourselves.

'... New hope in cancer prevention — but not cure'

Although jogging provides the answer for some, there are those who prefer to take up a specific sport. Many naturist clubs provide the perfect facilities whether it be a swimming pool, badminton courts, miniten courts or even volleyball courts. Having chosen a particular sport to keep in shape, people then proceed to play furiously for an hour or so, believing they are doing wonders for their bodies. Unfortunately, all most people realise is the benefit of exercise and few, if any, give any thought at all to the proper preparation of the body before participating in any sporting activity. Indeed, lack of a full 'warming up' programme before even a 'knock about' game of miniten could land you in serious trouble. It is no good arriving at

volleyball early on a Sunday morning and rushing straight on to the court and expecting your body to cope with the stresses and strains you are about to exert upon it. Warming up means simply that, getting the body warm. This is especially important in cold weather when it is so easy to strain muscles. The muscles contract because of the cold and a sudden acceleration to get to the ball which is just out of reach proves to be too much for the muscles and the result is a strained muscle or a torn ligament.

It is also important to warm up to ensure that your body is working at peak efficiency. Warming up will improve the blood flow around the body, bringing oxygen to muscles and

providing fuel for them to convert stored nutrients and chemicals into energy so that they respond quickly and easily to the impulses from the brain. Getting the muscles to work also increases the venous return back to the heart as they act as pumps sending the blood back to the heart and lungs ready to be oxygenated again. Thus the heart rate is gradually built up and breathing increased so that a sudden stress is not put on the vital organs. Whatever type of physical activity is undertaken, there should always be a general warm up session which applies to all sport. This should consist of gentle stretching exercises designed to pull the muscles and collective tissues of the body just a little past the point of tightness. Here 'slow and easy' must be the motto applied. If they are undertaken too vigorously no real benefit will be derived and the time taken to do them will have been wasted.

The idea is to prepare all the joints and muscles of the body ready for action. At the same time the general warm up should increase blood flow and raise the body temperature. Flexibility is the keyword. To a certain extent this will vary from person to person, not all of us are double jointed, but you must try to achieve your own full range of movement.

Take it easy

Muscles are the first part of the body to be considered here. They are, of course, very elastic and therefore they stretch. If they are not stretched, they shorten, which is why we tend to stretch when waking up. The period of inactivity whilst sleeping allows the muscles to shorten quite considerably. On waking, however, we usually stretch gently and slowly; it is when we move quickly or pull too sharply that we get a muscle spasm or cramp. This is why all the stretching exercises should be done slowly and carefully, without sudden jerks. Stretching quickly or too vigorously will not increase your suppleness in a shorter period of time, but will probably lead to muscle soreness instead. Watch a cat when it stretches after sleeping. First one leg, then another is carefully eased out to full stretch, and they are certainly very supple creatures.



When doing the general exercises, each part of the body must be considered in turn. The back is the basis of activity as it houses the spine and nervous system whereby impulses are sent from the brain to the various parts of the body. The following three exercises will help to increase the flexibility of the spine as they take it through three planes of movement, forwards and backwards, sideways and rotation. Firstly, the back can be stretched simply and effectively by bending over and touching your toes, keeping your legs straight. Again, emphasis is placed on the fact that this should be done slowly. A stiff back will be the result of a 'bouncing' attempt to reach the toes. Once in position, hold for a slow count of five and slowly come upright. Repeat about ten times. Secondly, stand with feet hip width apart and gradually slide your left hand down the side of your left leg as far as it will go. Do not lean forwards or backwards or bend your legs. Slowly straighten up and repeat to the right. Continue five times each side. With this exercise you should feel the pull along the opposite side to which you are bending. Finally, standing with feet slightly apart and hands on hips, twist as far as possible to the right and hold the position for a count of five. Return slowly to the front and repeat turning to the left. This should also be done five times each side.

A neck roll is extremely good in a general warm up as it can save a nasty rick of the neck caused by snatching the head suddenly to the side or by turning too quickly. The head is simply rotated slowly in a circle. Five times to the right and five to the left.

Although toe touching helps to stretch the hamstrings at the back of the thigh as well as stretching the back, another method is to lie on the floor and bring up one knee to the chest. Gently pull the knee down towards the chest and hold for a count of five. Repeat with the other leg. This exercise also works on the gluteals of the buttocks and will help reduce the possibility of cramp during running.

Running on the spot will increase heart rate and lung capacity so that more oxygen can be taken in to the blood to meet the demands of the working muscles. A general warm up should take about ten minutes, by which time the internal body temperature, blood flow and oxygen consumption should have increased to enable the body to be ready for action.





This then should be the basis of a warming up session before starting to play your particular sport. In this way you will get more out of it in your performance and also for your body and health. It will reduce the possibility of a sprained joint or torn muscle and could increase your enjoyment of the sport by making sure your body is at maximum efficiency before you start to play. Obviously these exercises, designed to increase flexibility, must be done regularly otherwise instead of being supple the result will be stiffness. If they are done on a regular basis you will soon notice the improved range of movement and the ease with which they can be done.

Once the body has achieved this prepared state, then it is always wise to follow on with a few 'related' exercises. These are movements which are peculiar to your specific sport, i.e. the pivot when playing badminton, swinging forehand, pivoting and swinging backhand, or the quick flick close up to the net which requires practiced footwork as well as full mobility of arm movement. In volleyball the quick run to the net to cover the 'drop ball.' The arm swing for a quick, sharp service. A backwards run to cover a long shot. Weaknesses should be pinpointed and worked on to improve performance.

Cool down

It must be remembered, however, that you will only benefit from this programme if it is done within ten minutes of starting to play. If you wait any longer, then the benefits will be lost as your body starts to cool down again and circulation will begin to decrease to normal levels.

It should also be borne in mind that equally important is a few minutes spent warming down. Once the body has been working at above its normal level it requires time to adjust back to a slower pace. A sprinter who goes all out and then stops abruptly may feel sick and faint because his heart is pumping madly taking oxygen round in the blood when the muscles do not require to provide any more energy. A short jog for a few minutes after the race enables the heart to gradually adjust to the slower pace before the athlete stops.

So next time you go out all prepared to take part in your favourite sport, just think—how prepared are you and your body? It is worth taking the extra fifteen minutes to warm up, not only for the benefits you will get by an improved performance, but also by the extra care you are giving your body.





AM I REAL?

For sure, the gentleman who has a go at Women's Lib will know Susan Mayfield is real. Susan cracks the whip when she tells him to 'grow up' and a few other things. But, as usual, Susan is mostly concerned and sympathetic to the problems of our readers. The fellow whose wife hates Naturism for instance. Or the Frenchman who makes a yearly pilgrimage to London's sleazy Soho. And, horror of horrors, Susan brings up the old, old subject of depilation.

OH, if you readers could see me now!

It is midnight. I have managed to silence my own TV but I can still hear next door's through the walls. I've just broken a nail on the typewriter. The cat's meowing to go out—if I let her, she'll only cry to come in again because it is pouring outside.

I am sitting at one end of the living room, typing at a table covered with stale coffee cups, worn-out carbons, photos of readers, back copies of H. & E. and a pile of readers' letters. I am wearing an old jumper with the zip broken, a cotton skirt and my glasses. My hair's sticking out in all directions because I tug at it when I'm thinking.

I'm real all right!

I have heard rumours that other magazines run agony columns. I've also heard that they have a team of hard-baked journalists who dive into filing cabinets of duplicated letters which they send to their despairing readers. Some of my correspondents have heard of similar atrocities. 'Thank you,' writes one, 'for your personal reply to my letter. I expected merely a duplicated acknowledgement.'

I'm not like that. I may take my time, unless a reader has an urgent problem, but I always reply personally in the end. 'Sorry I am a weakling,' writes another reader, 'but please do not publish my full name and address.' I never publish anything that would identify readers. For some people, their experiences with nakedness are intensely private; if they want to keep them that way, it's fine by me.

A word for French readers: I am going to night-school and learning French. If you try to keep the grammar simple when you write, I'll reply in your own language!

Back to the letters:

'I just want to say how much I enjoy your column. Your honesty, understanding, sense of humour and commonsense is so



refreshing. But I would like to see a decent photo of you—not indoors! I shouldn't complain, at least we see you occasionally, whereas we never see anyone else who contributes to H. and E. It would seem they are ashamed of being nudists! It's far easier to relate to a picture, hence my reason for mentioning it. To conclude—thank you for being yourself!'

And thank you for such a warm letter. Yes, I agree, more contributors should send us a snap of themselves with their articles.

An old-timer writes:

'I think the reason not so many women write to you is that you don't beat about the bush and you call a spade a spade. I remember when H. and E. showed men and women in one-piece bathing costumes, the nearest they ever got to total nudity. Why not give your admiring readers a nude picture of you, something we could hang up and frame? My vision of you is as a very beautiful woman, so why not come out into the open, as I know other readers like me have a secret love for you.'

Oh dear! I hate having my picture taken! And I'm not very beautiful, being inclined to scowl. I'm too old for a pin-up too. When I wear my black

leather jacket, friends call me 'Hell's Granny!'

Maybe it takes a certain sort of woman to write to me. Here is part of a long letter from Canada from a very honest lady:

'I would like to have your comments on the depilation of pubic hair by males and females. In my experience it is not widespread among nudists, neither in Canada nor the parts of Europe I have visited. I know few women who shave and in my whole life only two or three men. I started to shave when I was 13, at the same time as I removed under-arm hair. Luckily I do not have a very strong growth. After my divorce some years ago a girlfriend and I went swimming and sunning at two local places, disused sandpits. It was here that I discovered I was the only girl without pubic hair. I still get many stares even from other 'nudeniks.' Then one day I met 'him.' Tall, blond, handsome, bronzed, with a beautiful penis and no pubic hair! It did not take long to become intimate friends. He experiences the same problem—both men and women find it strange that a man should shave his pubic hair. Why is that? Are we an oddball group? One summer we went to Cap d'Agde and even there people looked away. One of the thousands there, we only saw four other people with clean-shaven genitals! It was the same at St. Tropez, at Sylt and in Jutland. Is depilation more common in the U.K.? It is easy to keep smooth by daily use of an electric razor. I am enclosing photos of us both. We have others that are probably suitable for publication—what should we do to submit them?'

I'm so glad to hear of your happy relationship. Obviously lack of pubic hair brings you closer together!

To answer your questions—I have never seen anyone shaved in a naturist setting. I suspect that folk like to conform in the naturist world, just as they do everywhere else. This is odd



when you think that one of the thrills of naturism is deciding to rebel against society's nudity taboo. Maybe one taboo at once is enough for most people! Depilation is merely a matter of personal grooming, nudists should be brave and do it if they wish.

I liked your photos and could tell that you would both make good models, but we have to be careful about publishing pictures revealing shaven genitals because of continental restrictions. Why don't you advertise yourselves as naturist models? I'm sure you'd enjoy meeting people that way. And come and see us in England sometime.

A French gentleman came over the Channel last summer:

'During my holiday in London I went on my yearly pilgrimage to Soho. I went into a few cinemas. Now sexual intercourse is a natural act and nice to see, but I didn't want to see young women engaging in oral sex. A woman's mouth was not designed for a penis, her vagina was. My wife has not slept with me for ten years. All that time I have not had even an affectionate caress. Yet I saw



young women who seemed willing to engage in unnatural acts, without sorrow, even though they were paid for it.'

Your wife—if you have accepted her veto for ten years, it doesn't look as though anything is going to change now. But to my prosaic mind, what you have is not a marriage if there is no sex, or even affection, involved. Would your wife consider professional counselling from the Marriage Guidance people?

Regular readers will remember from last month the gentleman who was overjoyed to have a day out at Eureka after waiting four years. He too has wife trouble. He writes:

O.K., I had a grand time at Eureka but in the domestic realm the fat was in the fire. My wife hates naturism. She told me to 'go off and join up with them.' She wanted nothing to do with the wicked me, who has looked at naked girls, so she has finished with me, saying I 'can pack up and go.' Well, I feel just like doing that at the moment but it is not so easy. She is making herself unhappy with her prudery. I want her to take life easy now, after the years of work bringing



up our family. I've told her I plan to go to Eureka again next year though, in spite of her threats.'

Oh dear, all this trouble. Now we see why some sun clubs are reluctant to accept married men without their wives. Eureka, however, are seriously trying to break away from the regulations that dog the more conservative clubs.

I take it that your wife is middle-aged, as your family is grown up. My experience, from what other readers tell me, is that middle-aged wives have the capacity for *never* relenting. I suggest that you don't tell your wife what you're up to; learn to live a double life. It's hardly worth the bother otherwise.

Single men also have their complaints:

'I am in the unenviable position of being single, male and 28 years old. Why should this be unenviable? Female friends do not appreciate that I am not a sex fiend or a crank—even nudists ostracise fellow nudists if they happen to be single. Fortunately people like Mark Wilson of Eureka exist and make life easier for eligible bachelors like me. MY family do not appreciate naturism and hold strong religious beliefs that would



definitely frowned upon males and females taking off their clothes in company.'

The best way to get a lady friend interested in naturism is to take her to a beach first. Beaches are public places and a shy lady is reassured when she knows she is not going to be forced out of her clothes. And because the beach is public, you cannot take advantage of her nudity—or yours—to try to seduce her. Even if she's still reluctant, you can compromise on a beach—I know other couples who go to the beach together but one undresses while the other doesn't!

NEW FEATURE

From next month we are introducing a new feature. It will be devoted to free beaches all over Europe. We see this facility as increasing throughout the 1980s. We believe that nothing but good can come from the extensive development of free beaches throughout the world. In spite of what many say, we think that clubs will benefit rather than suffer. For as more and more people experience the benefits of nudity at the seaside, they will be more inclined to join a club when they return home. We have chosen none other than Phil Vallack to master mind this new part of the magazine. Phil is a world authority on the subject. His 'Free Sun' listing and detailing free beaches sold out within months of publication.

FREE SUN BEACH NEWS

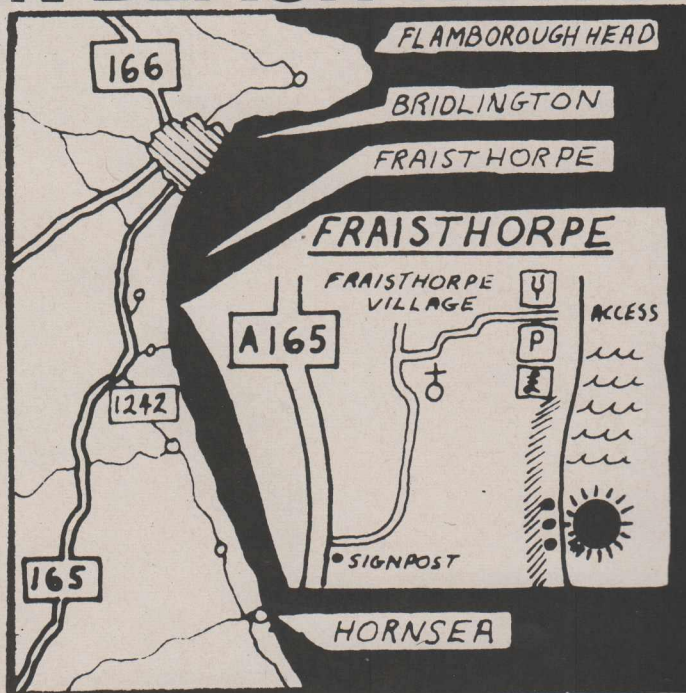
FRAISTHORPE, Yorkshire

Access: Two miles south of Bridlington, on A165, look for sign on left 'Fraisthorpe 1m, Picnic Area 2¼m.' Follow tarmac lane to village, go R. alongside church and 1¼m. to Parking and beach access. Most people stay near cars. Walk right (south) along beach, or track on top of sea wall, to find secluded part. Midway between Fraisthorpe and Barmston is customary. Windshields are advisable for more reasons than one, though the occasional beach walkers do not seem concerned.

Assessment: The embankment affords sunbathing shelter from the wind. The sand is clean, with delightful little pools around bases of old concrete anti-invasion defences. Good swimming. Ideal for children.

Bridlington's choice of Fraisthorpe brings to eight the Free Sun Beaches designated by local or county councils during 1979.

Costumes-Optional bathing is still under discussion for the Lincolnshire coast and Victoria Sun Beach Club may yet be given



official encouragement.

Nine, possibly even ten, new FSBs in one year would be an advance of great significance.

The quality of a designated beach is becoming important. In 1978 the official tolerance of nude bathing at Fairlight Glen brought fame to Hastings. Now a growing number of visitors from abroad dismiss it as 'a load of rubbish' not worth another long

trail to find. Thankfully 1979 has seen real beaches available on coastline easier to reach.

Hastings can still regain the prestige now lost, if they make the effort to provide steps by Fairlight Coastguard. Here the beach is less rock-strewn—the danger minimal. Access would be easy from Fairlight car park.

PHIL VALLACK

Free Sun

SOCIAL MISBEHAVIOUR

ON reading the comments in H. & E. many naturists might feel the need for a directly worded approach to the points raised about nudism being tolerated in 'Do Your Own Thing' and the scare problems, e.g. smoking, drinking, lead in petrol, asbestos, etc., mentioned in the article 'Experts.' To take the scare problems first: I am sure none of us have missed any of the hundreds of newspaper scares being raised every so often on many different aspects of modern life. We need not dwell on the facts, but simply admit that all of the scares are valid if things are allowed to get out of hand. Abuses of chemicals, smoking, alcohol and so forth, are harmful when carried too far; only a foolish expert (which I am not) would go on to establish levels of permitted pollution, etc.

To get down to brass tacks, what we need is a direction to go in. Personally, naturism is for me a way of life; far more than just the freedom to enjoy going about in the nude. I count it as part of

PERSONAL VIEW

We are glad that Andrew Underwood has brought up the subject of pollution. It has often seemed to us that Nudists should be the first to support any action which may reduce pollution of all kinds. After all, there is nothing we like better than enjoying nature, whether it be beside the sea or in the mountains. Yet already in our own lifetime we have seen the Mediterranean—where Free Beaches first emerged on the Isle de Levant—seriously threatened. Even the Atlantic is suffering from over-dumping of society's toxic chemical wastes. It must stop. When lead was first introduced to petrol they charged us an extra penny or two. That made sense. Something added costs more. But to say we have to pay extra for petrol free of lead is a nonsense. We are on a spaceship with limited resources. We have only one lot of water. It is limited. We can never import more.

my natural, pure and honest approach to living, that I do not smoke or drink or abuse any other drugs. In as many ways as possible I avoid pollution; as, for instance, I use the lowest octane rated petrol to minimise lead and would be quite prepared to pay the extra one penny per gallon to have higher grades better refined

and thereby lead-free. In as many ways as I can, I try to avoid the causes of the scare problems. But I do not do this for the reason of being worried about my personal health. For me the improvement in my fitness stemming from avoiding these man-made problems is a mere bonus. My real motivation is social.

This brings me to the crux of the solution to our man-made problems: can we not simply spread the idea that the problems are all the cause of unnatural social misbehaviour. All dedicated naturists are concerned to spread the acceptance of nudism, because it is natural and will clear the way to a better standard of living by doing away with narrow-mindedness, embarrassment and all the taboos which cause so much trouble in some people's sex and love lives. So it seems to me that if more natural people started to spread the word that things like smoking, drinking, polluting with insecticides, lead, asbestos or whatever was anti-social, then at last we might see a change to a healthier world.

Most of the problems we face are only there because in small amounts the root of the problems is socially acceptable. If we could remove these traditions of, for instance, offering alcoholic drinks at parties, or passing round the fag packet, or my little tiny bit of litter doesn't do any harm, we would be killing the roots. That is not so say that anything should be banned for prohibition never works. Let us merely change opinion to the extent that unnatural things are looked upon as anti-social and natural things are preferred.

Let us not be so passive in allowing social misbehaviour purely because, at present, they are advertised as fashionable. Why are some so blind they cannot see that things like tobacco, drugs, alcohol, perfume, insecticides et cetera are only promoted for profit, and the expected rewards from their use are largely advertising myths. Let those of us who want to go back to nature be as pure as possible in the biological sense; so that we win the respect of many non-nudist groups and join together to destroy the real enemy—commercial exploitation. Then let those who persist in drinking, smoking, littering, perfuming, etc. really feel that their dirty habits are no longer acceptable. Just as naturists regard prudity, censorship and dogma as anti-social and unacceptable, so should we let it be known that we regard other unnatural things in a similar light and this is just as much a part of the naturist movement. But remember, we want no rules and regulations, just healthier opinions.



The (NUDIST) ISLES OF GREECE

SUN starved by a dull European summer, I made a last minute booking for TOLON in Greece, and only a few days later I was on the night flight to Athens.

At the airport I found myself mixed up with a friendly crowd of young French people, whom I noted seemed to have one or two charming girls 'to spare.' As luck would have it, they were also on their way to Tolon to stay as a villa party next door to my hotel. Several delightful days of my holiday were spent in their company. My (relative) old age did not worry them, and my indifferent French provided them with endless amusement.

The local holiday representative is a fuzzy-haired English girl known as 'Liz the Whizz,' and I asked her openly where nude bathing was 'acceptable.' She advised against it on the main beach at Tolon, but said there were other beaches both on the mainland and the adjoining islands which were accepted 'nude' spots, and the local fishermen would take me there for a

'song.'

Tolon is still a place of some charm, in spite of a lot of 'high rise' development in recent times. Some of the old Tavanias remain, but much of the waterfront is now hotels. The harbour and quayside are at the western end of the town, where the road ends—Tolon is on a *cul-de-sac*. The beach here is poor, but only five minutes away by the frequent local bus service, is a superb, wide and sandy beach at the eastern end, becoming rocks a little further on. I noted that 'topless' bathing was quite normal, but was disappointed to see no nudes—perhaps they were concealed amongst the rocks further east, but I didn't have time to explore that area.

A weatherbeaten old fisherman, who could just speak enough English to settle a price (about £1 per person) and a return time, took me to a tiny beach on the mainland about three miles west of Tolon. Here the mountains plunge straight into the sea, and only at the mouths of narrow valleys carry-

ing dried-up stream beds are there any beaches. 'My' beach for the day was partly sand, mainly pebbles and larger rocks, facing south and a marvellous sun trap. The blue water is crystal clear, and one can dive off rocks nearby. A heaven on earth, and only the occasional boat crossing the ARGOLIKOS Gulf to remind one of the existence of the rest of the human race.

I stripped (except for a straw sun hat bought locally), I swam and snorkled, or just lay in the sun. Under the water were beautiful rock patterns and rainbow coloured fish. The only disconcerting element was the large ants, which foraged on the water line before returning to their nest somewhere up the valley. I noticed that they always walked round me, and from then on it was 'live and let live.' Fortunately I already had a reasonable tan, but a few hours in this place brought it out to a nice apricot colour.

During July in Greece the sun is very hot at mid-day and the few hours each side, and I saw many



suffering 'redskins' who had grossly overdone it on their first day. Will people never learn?

It was on my third trip to the secluded beach that I found myself sharing with a crowd of young Germans. I rather suspected from their conversation that they were seeking a nude bathingspot, and were a little disconcerted by my presence. In a mixture of French, German, English and sign language, I was able to signify to them that I ap-



Our regular readers will remember our writer, Norman Grove, for his articles on Yoga. But this time he comes up with something different — his holiday experiences in Greece. He started alone on a deserted beach but finished up one of an international party, some of whom tried naked swimming for the very first time.

my second week I managed—by setting an example—to get four of the group, including my favourite, Natalie, to strip off when we visited a small island off the coast. The occasional passing 'pedalo' or water skiers did not bother us. Surprisingly it appeared that none of them had ever stripped off in public before, but they took to the experience like ducks to water, watched enviously by their slightly shyer friends. They did draw the line at photographs of them however—I gathered that they all came from a small town in the middle of France where the local atmosphere was very conservative.

That evening I had dinner with the French party, and wine flowed freely—it is very cheap in Greece! We finished up by forming a nude bathing party from the main beach, led by Natalie. This time everybody took their clothes off. Swimming in the warm sea, under the bright light of the moon, with such delightful company, was the most memorable moment of my holiday.

The next evening a barbecue was to be held on one of the

islands, and the whole party intended to swim nude, this time in daylight. Alas, as we approached the island, clouds came over the mountains, the Gulf became very rough, and an intense thunderstorm broke, with continual lightning and heavy rain. It was quite a frightening experience to be on the sea in a small open boat in such a storm, but the old fisherman brought us safely back to harbour, in spite of the fact that every light in the town had gone out. We ate at the hotel by candlelight. My young friends left the next day, vowing to be back next year. I have no doubt that next time they will lose no time in stripping off!

Time raced past. I was torn between the desire to see some of the marvellous archaeological remains and the beaches, and realised with sadness that I had left no time to visit the nearby islands of Hydra and Naxos—the latter reputed to be a Mecca for sun-worshippers.

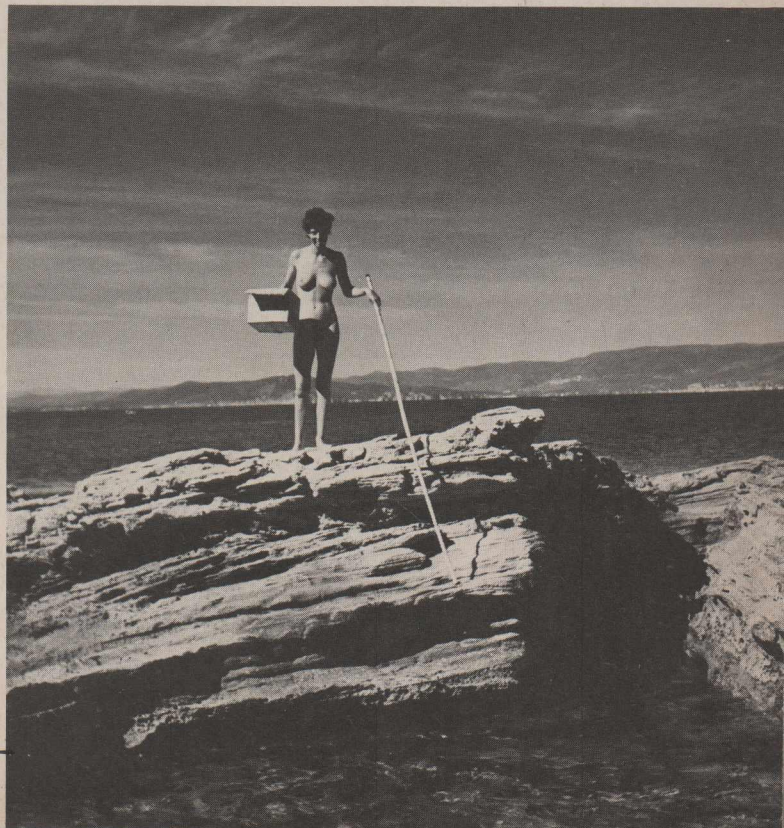
Bad luck, but at least the islands remain to be explored next time. I will be back, hopefully, for much longer than two weeks next time.

proved of nude bathing, to the obvious relief and delight of the whole party.

As soon as the boat pulled away, I slipped out of the little clothing I was wearing and waded into the sea. The rest of the party lost no time in following my lead. Two of the four girls, in particular, had superb bodies, tanned evenly all over—they all made quite a sight as we played 'tag' in the water, or dived off rocks. I regretted bitterly

leaving my camera behind, but I hadn't expected such company, and from the previous days I had found that photographic equipment was in some danger of getting wet when landing from the boat.

The Germans were at the end of their holiday, and left the next day. My French friends were clearly intrigued by my acceptance of nude bathing as 'normal'—they seemed to think it was daring and a little naughty! In



JANE'S A FREE BEACH BUFF

With every year that passes more and more free beaches are established. In the meantime we are in a process of change. Jane has a few sensible words for those who feel like pioneering the new freedom. 'Take precautions' she says. Have a handy hideaway. Carry something to wrap up in. Best of all, bring along your own protector.



JANE holds the opinion that within the next few years every beach in the world will become a nudist beach. 'People are not going to go on wearing clammy, unhealthy bits of clothing to swim if they are not forced to by the law,' she says. 'But it is going to take a few dedicated pioneers at first to show how silly dress laws are.'

'Here in England the authorities have refused to confirm a bye-law which would make nude swimming and sunbathing illegal. And that in the face of the local council's fury. That could never have happened only a few years ago. And what is more, the idea of what constitutes 'indecent exposure' is changing. Once you could get arrested for just





changing on a beach and accidentally showing too much. Now the authorities are accepting the fact that, as Naturists have always said, there is nothing indecent about the body. So indecent behaviour has to be something more than just being naked. In truth just being naked is coming to mean *decent* exposure.

'Nevertheless it is hardly wise to challenge the law so early in the process of change. I feel that for the present, nude bathing and sunbathing should only be practiced in two circumstances. The first is where parts of a beach have been set aside by the authorities especially for nudity. The second is where you can go nude with little chance of being

discovered. I'm lucky. I live near this almost deserted beach. Now and again someone will come strolling past. Then I just move out of the way. I've a fine hiding place here under the breakwater structure.

'Another sensible thing is always to carry something that you can slip on in a hurry. A long bath towel used to be my

standard equipment, but nowadays since it's no offence for a woman to go topless, a shorter wrap around towel is quite sufficient.'

'I'm not suggesting,' Jane continued, 'that you should rush to hide yourself at the first sight of someone approaching. Too much hurry makes others feel you're guilty. Take your time.'





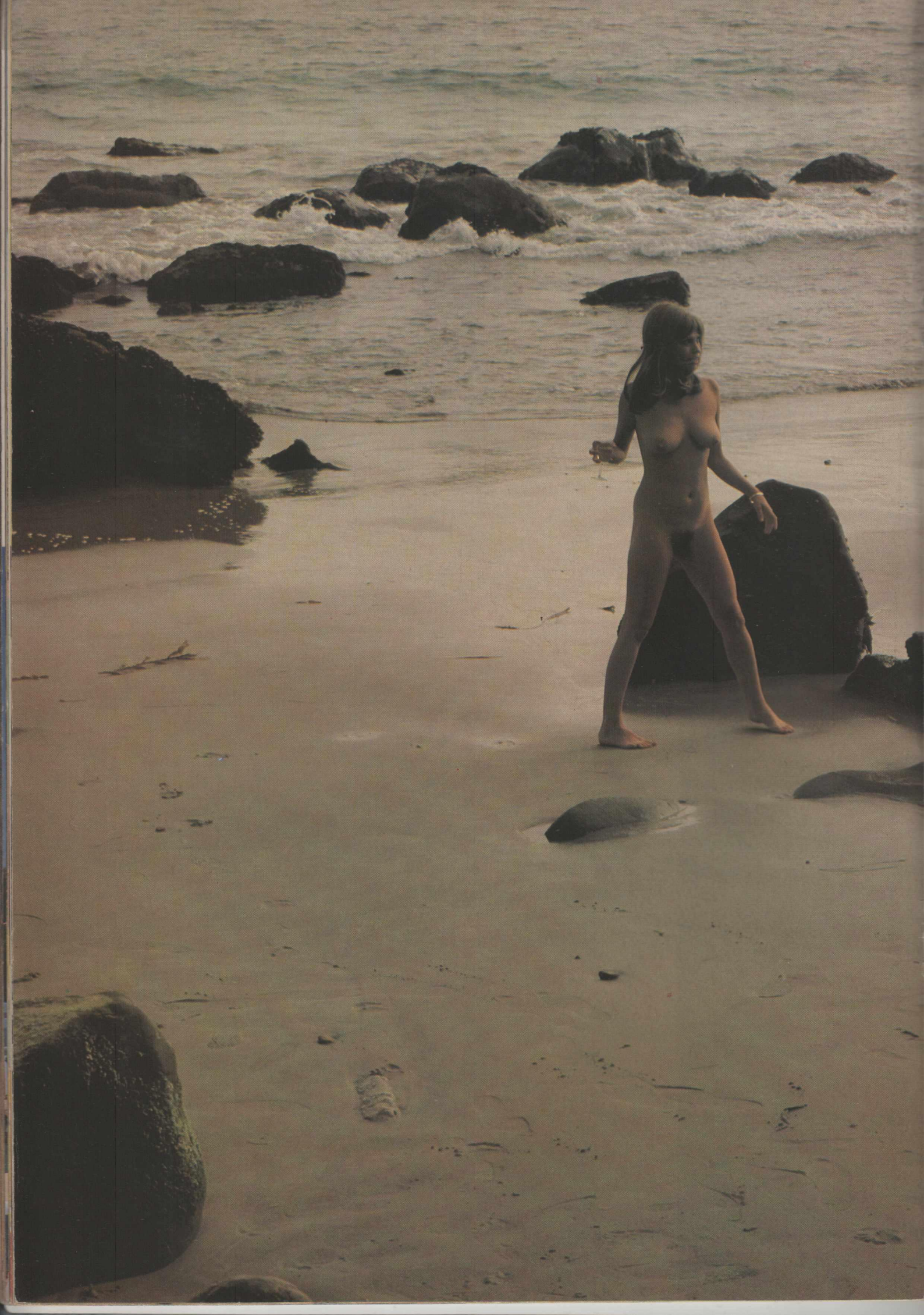
And then do it slowly. If it is just one person, especially if that is a girl, I don't bother to cover up. After all, someone has to spread the word that going nude is a good thing, and that many of us are prepared to take at least a little risk to spread the idea.'

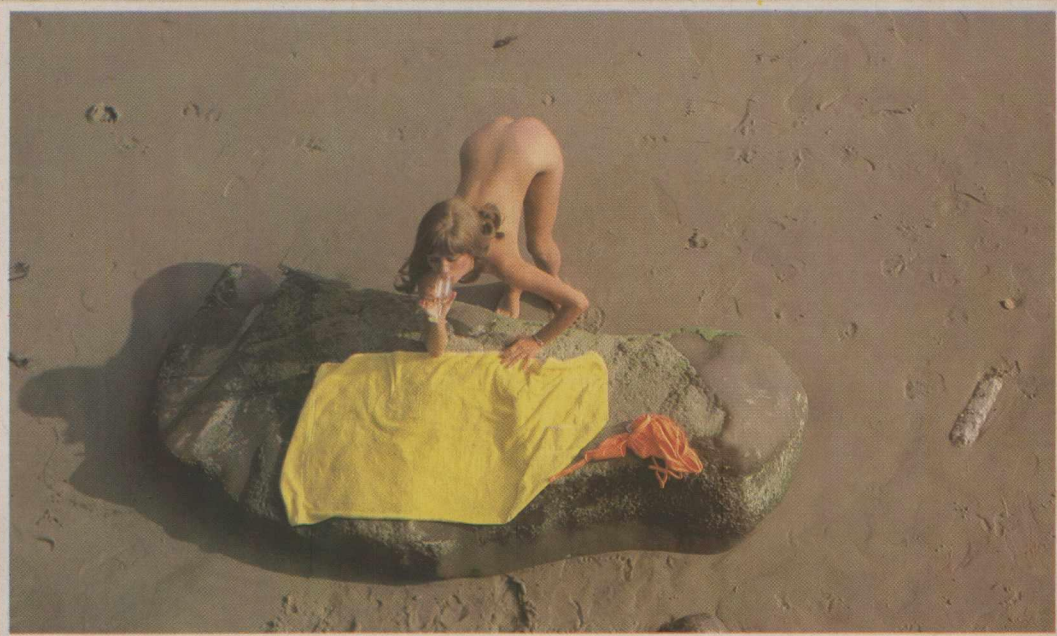
'It was the same, I hear, when men first stripped the top half off the 1930s bathing costume. Men's bare chests were thought indecent then and it took courage to go even that far in those days. I know because my father was one of the first and he told me

what a scary thing it was. It was only in the company of other men he dared.'

'But if you are really worried, the best protection is a big Alsatian.' Man or dog, we asked. Jane just smiled.



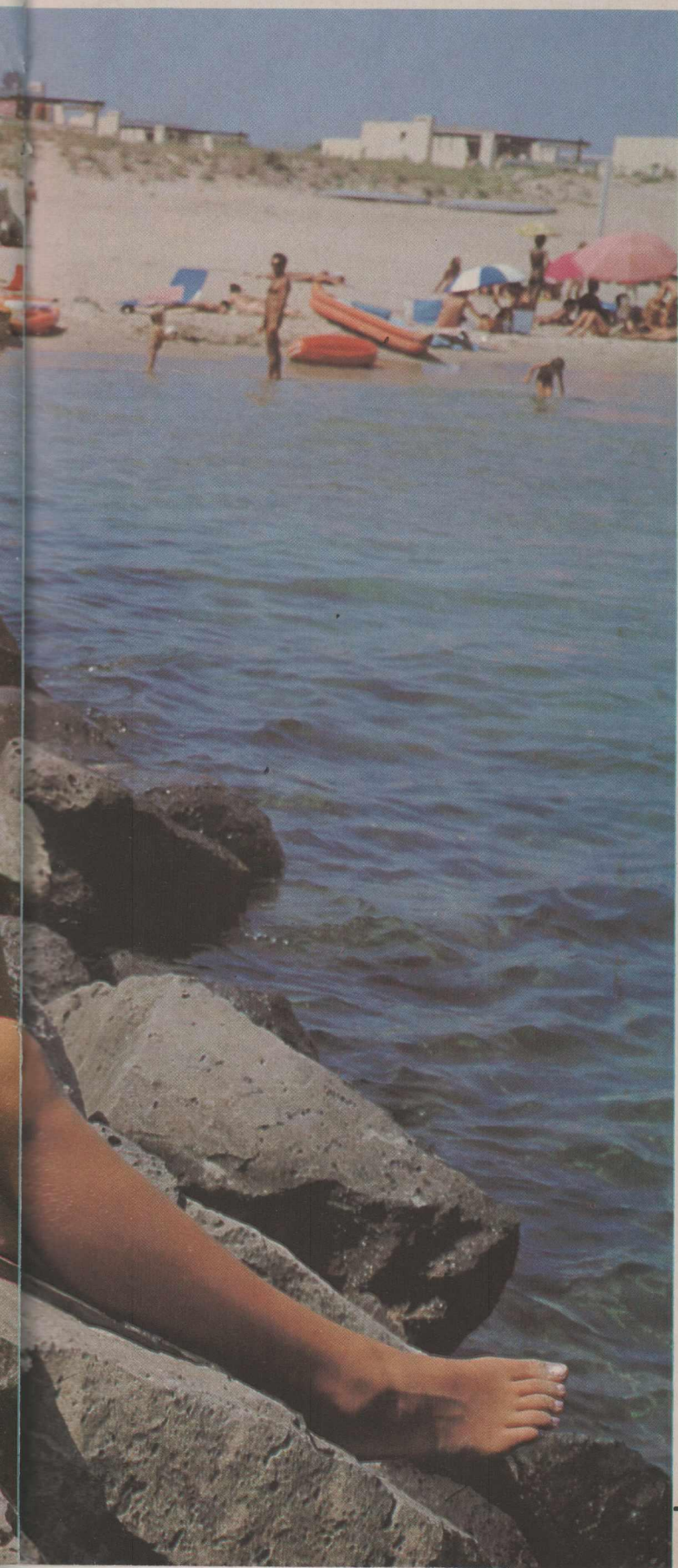




A JEWEL IN THE NUDIST GALAXY



Once the Isle de Levant slept beneath its Mediterranean sun undisturbed by nudist or even tourist. Then some 30 years ago it became perhaps the most famous island in the world. Certainly for Nudists. Then it was the only place you could go and feel reasonably free to swim and sunbathe nude. Times are a changing and as they do the island's nudist history is about to be repeated on tens of thousands of new Free Beaches throughout the world. Lance Ridgeway returns to the first subject he ever wrote about.



THE Isle de Levant has led more people to nudism than any other place, club or organisation.

It led the world, some say it still leads the world by providing beaches where people of both sexes can swim nude without fear of trouble with the police.

How this came about we will discuss later. In the meantime, it is interesting to consider what lessons we can learn from the Island that are pertinent to today.

I refer to the numerous beaches, both in northern Europe and all over the world which are suddenly invaded by first the topless bather and now the totally nude.

All this happened a long time ago on the Isle de Levant. For the purpose of this article we need

look no further back than the early 1950s. For that is when the nude bathing movement along the shores of the Mediterranean Island took off.

Perhaps we had a lot to do with it. In the early 1950s this magazine published an article about the island. It was a small, almost insignificant article. The illustrations were few and the information sparse. But suddenly the word was out. An island in the Mediterranean where anyone could laze nude in the sun and sea.

But even so, the numbers of would-be nudists kept within reasonable limits and no one was much disturbed. The island was used to the philosophy of the brothers Andre and Gaston Durville. Both these doctors

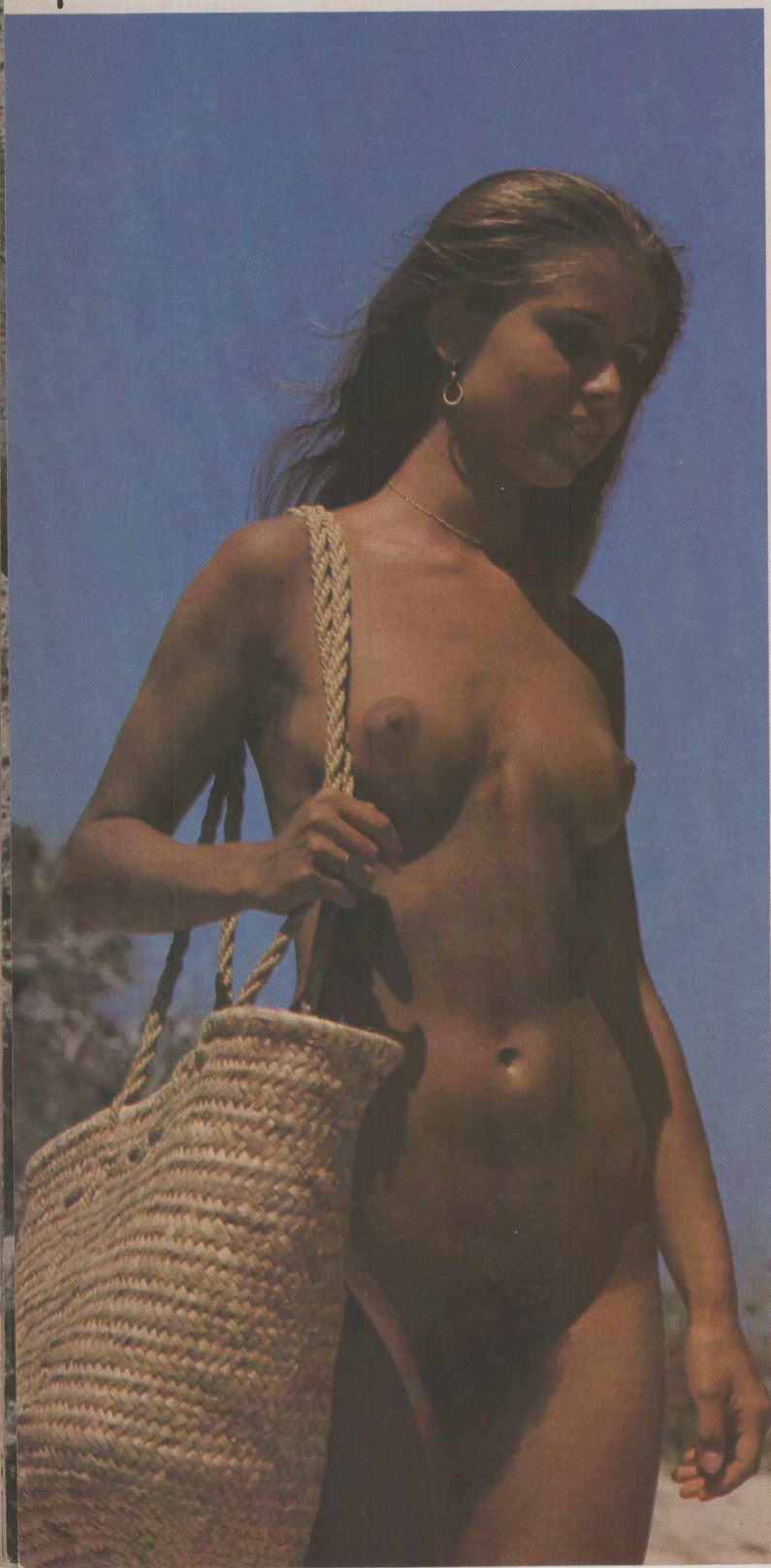
believed in the curative powers of the sun. They discovered the Isle de Levant. Although the famous holiday places along the Mediterranean coast of France had been established for many years, few gave any thought to the Isle de Levant. For one thing it was naturally inhospitable. There were few landing places, only a few small stony bays, no natural harbours, plenty of jagged rocks.

However, this was an almost perfect specification for a nudist resort. Even if you could hardly move for the abundance of thick maquis and the steepness of the hills, this mattered little to advantages of being able to go nude without notice.

But while the brothers Andre and Gaston and their patients took full advantage of the possibility of going naked, they did so with caution, taking care not to upset the sparse local population. This is where a peculiar French law intervenes. It concerns what came to be known as 'the minimum.' It appears that the law required that at the very least the genitals should be concealed. So a garment evolved which did the very least. A triangle of cloth with ribbons attached to each point. The buttocks were left completely exposed.

The 'minimum'

To this day the minimum



If you want the people to read the rules you must make them attractive. This is how they do it on the Island.

garment is sold and worn in the Island, for it is customary to go nude now (a custom enforced by law) on exactly specified parts of the shore only. In the village or at the only port you don't go naked. You donned your minimum.

The real boom in visitors took off in the late 50s and early 60s. At that time the nudists had most of the island to themselves. They came from all over the world. And the more they came the more they were talked about.

The police responsible for the island had their headquarters on the mainland. More and more they felt obliged to take a closer look at what went on over there. Eventually the police felt something had to be done. An expedition set out and the result was the

arrest of a nudist—a woman, as it happened. Eventually the case was put aside with the magistrate saying that on the island it was customary to swim and sunbathe naked and the custom should be recognised.

After this the nudists breathed a lot easier. But the biggest threat to the island's prosperity was nothing as simple as the law. It was a combination of events. The first was the spread of land reserved for the Navy. Now, virtually all that is left to the nudists is a small coastal strip. Once they could roam around the shores wherever they liked. Now some of the most beautiful bays known to the earlier nudists have vanished behind barbed wire. Nowadays even their names are

forgotten.

The next discouragement faced by the nudists emerged as ever rising prices. Everything required for daily living always cost more than on the mainland. After all, there was the extra cost of transportation. But so great was the holiday demand that prices went through the roof. Not only food was affected. Surprised house owners found that any sort of accommodation could be rented at truly amazing prices. And, as for the value of a house, it was anyone's guess. How much would competing millionaires pay?

Finally the crunch came with the gradual opening of more and 'organised' nudist holiday resorts. One of the first was in the Ardeche Gorge. Another was the wonderful beach at Montalivet. Others all through the south of France were to follow fast.

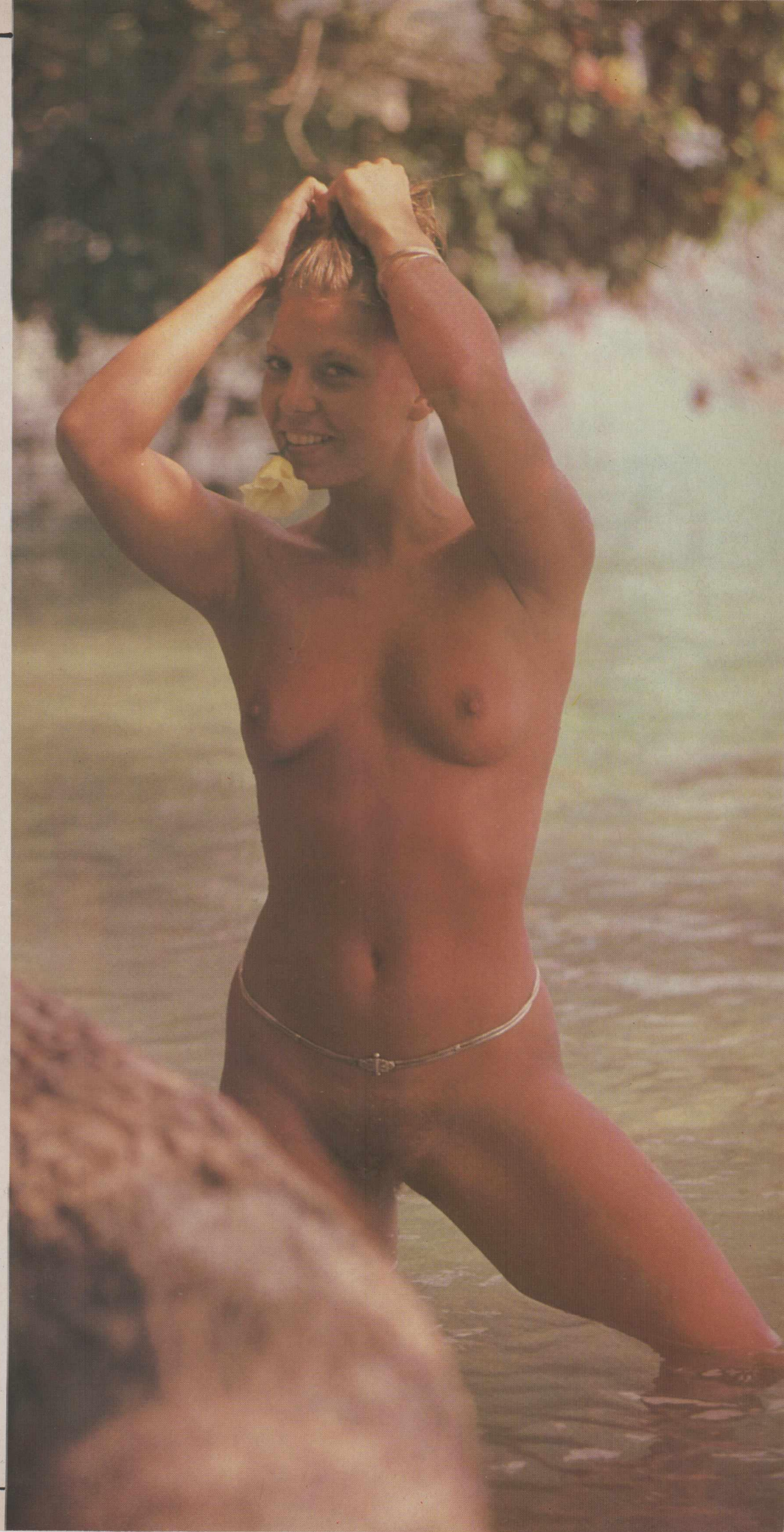
Perhaps all this is history now. But in a way it has an application to modern times. As more and more free beaches are established on the mainland are we likely to see similar events there? Will their popularity force up the price of land and houses in the vicinity? Will the free beaches attract people who might otherwise have joined clubs? In the end will all beaches go nudist and the original ones wane in popularity? We must wait and see.

Whatever happens, the nudist movement must remain for ever grateful to the Isle de Levant and the great good sense of the French judiciary. Who knows, without the brothers Durville and especially without that far seeing magistrate at Hyeres, Naturism would hardly be in the commanding position it is. The island may have passed its greatest days, but there are many for whom it is the one and only true naturist resort. Up until very recently they could argue that all the others belonged to 'organised' naturism and as such could hardly be called 'free.'

Now that the Free Beach is established throughout the world the island is no longer unique. Nevertheless it will always deserve its place in Naturism's Hall of Fame.

How to get there

Directions: It couldn't be more simple. Seek out the town, not far from Hyeres in the south of France, called Le Lavandou. Beside the beach you will find a jetty with numerous boats crossing to the island. During the season they have no set times. It is quite possible to stay on the mainland and pay a day visit to the island.





Here is an opinion poll of vital interest to every naturist. We invite you to spend a few minutes looking at the results. Two out of three people in this country support the idea of sunbathing on special beaches. A massive majority. And yet some councillors in the more backward parts of the country still fail to recognise public demand. Maggie Stillwell comes up with the facts so you can examine them yourselves. She is indebted to the 'Sunday People,' 'Mirror' Group Newspapers and Public Opinion Surveys for the information. If the figures are not for you, never mind, we talk about them further on.



THE JURY'S

TABLE 1. You may have heard that people, including the Central Council for British Naturism are campaigning to get British seaside resorts to set aside special beaches for people who want to be able to swim and sunbathe in the nude. Do you personally believe that such beaches should or should not be allowed at all in Britain?

REGION	MEN				REGION	
	All	16-34	35-54	55+	South	North
Base	464	179	157	128	295	169
Yes, should be allowed	71%	83%	72%	53%	72%	70%
No, should not be allowed	20%	10%	21%	35%	19%	22%
Don't know	9%	8%	7%	12%	9%	8%

	WOMEN				REGION	
	All	16-34	35-54	55+	South	North
Base	508	197	144	167	324	184
Yes, should be allowed	61%	83%	65%	32%	63%	57%
No, should not be allowed	33%	13%	31%	57%	30%	38%
Don't know	6%	4%	4%	11%	7%	5%

TABLE 2. Do you believe that British seaside resorts should or should not set aside special sections of beach for people who want to swim and sunbathe in the nude?

	MEN				REGION	
	All	16-34	35-54	55+	South	North
Base	464	179	157	128	295	169
Yes, they should	68%	77%	68%	55%	66%	70%
No, they should not	25%	16%	25%	38%	26%	24%
Don't know	7%	7%	7%	7%	8%	6%

	WOMEN				REGION	
	All	16-34	35-54	55+	South	North
Base	508	197	144	167	324	184
Yes, they should	61%	73%	68%	41%	63%	58%
No, they should not	34%	22%	29%	53%	33%	37%
Don't know	5%	5%	5%	5%	5%	5%



VERDICT

TABLE 3. Would you approve or disapprove if the special sections of beach were fenced off so that other people using nearby beaches would not see the nudists?

		MEN				REGION	
		AGE					
	All	16-34	35-54	55+	South	North	
Base	464	179	157	128	295	169	
Approve (Table 2 or 3)	77%	84%	77%	66%	77%	77%	
Disapprove	16%	8%	18%	24%	16%	15%	
Don't know	8%	8%	5%	10%	7%	8%	

		WOMEN				REGION	
		AGE					
	All	16-34	35-54	55+	South	North	
Base	508	197	144	167	324	184	
Approve (Table 2 or 3)	72%	83%	77%	55%	71%	74%	
Disapprove	21%	11%	19%	35%	22%	20%	
Don't know	7%	6%	4%	10%	7%	7%	

TABLE 4. If a large number of seaside resorts had special beaches for swimming and sunbathing in the nude would you personally ever use them?

		TOTAL SAMPLE					REGION
		AGE					
	Total	16-34	35-54	55+	South	North	
Base	972	376	301	295	619	353	972
Definitely	6%	11%	4%	2%	6%	7%	6%
Yes, perhaps	13%	19%	11%	7%	15%	10%	13%
No	73%	56%	80%	87%	72%	75%	73%
Don't know	8%	13%	4%	4%	8%	8%	8%
Total definitely or perhaps	19%	30%	15%	9%	21%	17%	19%



'Looks like that Kung Fu guy's gone knock the daylight's out of him.'



'Hey, lay off—haven't you heard there would be'



FROM those results, what conclusions can we draw? The basic question and the one that affects us all is put in the first question. It asks people if they personally believe that beaches for people who want to be able to swim and sunbathe in the nude should be allowed. Of those questioned, 71% of the men said Yes and 61% of the women said Yes. Only 20% of the men and 33% of the women said No.

Table 3 gives the results when the question was 'Would you approve or disapprove if the special sections of beach were fenced off so that other people using nearby beaches would not see the nudists?' 77% of men approved the fencing, as did 72% of women. It can be seen that these figures are slightly higher than the Yes vote in Table 1. I cannot help wondering if that means more people would tolerate us so long as we couldn't be seen.

When the results of the survey had been digested by the papers, what did they say? 'Two out of three people support the idea of



Whether or not you agree, here are some of the reasons she advanced for not going nude. She says that her guess is that 80 per cent of women would be 'horribly embarrassed if they went even topless.' She points out to readers that 'stripping off for you means that the fellow at your side will be doing likewise.' She then goes on to say that 'passing females would be doing a comparison job between the attributes of my man and theirs.' She doesn't like that. She worries about her teenaged daughters who 'would be appalled if I suddenly threw my bra away on the beach. . .'. Finally, Barbara points out that she was brought up to try not to do anything to offend or distress others.'

To give Barbara credit, in spite of all her objections, she appears to believe 'that next summer will see a much larger percentage of

the holiday population of. . . women going topless.' Her reasons are that we like being outrageous, or are bullied into it by husbands or lovers, or because we are all fitness crazy or too polite or sensitive to disagree.

It seems to me that Barbara is building up in her mind a mass of groundless fears. One thing she doesn't mention and that is that many non-nudists are ashamed of their figures and think people will stare. But if you look at Barbara's reasons for not going nude they are pretty flimsy. Embarrassment, people appraising your man, thoughts of your daughters and concern for others.

Only nude paintings

Let us take them one by one. Embarrassment. Sure, if you were the only nude. But not in a crowd of other nudes. To be

dressed then is the embarrassing thing. People 'doing a comparison job between the attributes of my man and their's.' It doesn't happen any more than it might were we all clothed or wearing swimsuits. Daughters' thoughts? How can we know the daughters would be appalled. Might they not applaud a breaching of the age gap?

But to turn to something completely different. A reader has suggested that the word Nudism should always be preferred. Naturism, he says, reminds one of nakedness. And that is associated with the notion of 'naked and ashamed.' On the other hand, The Nude is always associated with the ideals of art. There are no paintings of the Naked. They are paintings of the Nude.

It's a point of view which has something to recommend it.

Picture of two men not fighting over anything—yet.



starkers sunbathing on special beaches. . . Predictably it was younger people—in the 16 to 34 age group of both sexes—who were most enthusiastic about taking off their clothing.'

The papers say

The Sunday *People* added: 'Our survey conducted by Opinion Surveys during August asked 'Would you approve of enclosed areas like these?' They were referring to fenced off areas safe from prying eyes. The answer? Three out of four accepted the idea.

But the other side of the picture comes in the answer to another question which revealed that only one in five said they would consider using a nudist beach. This would appear to mean that many of those in favour of nudist beaches were wary of stripping off themselves. Why should this be? Most nudists fail to understand the feelings of most ordinary people. But they have been put very forcefully by Barbara Boston writing in the *Bolton Evening News*.

BARER THAN YOU...

UNLIKE most other mammals, mankind has little hair. Except for the scalp, children up to eleven years old have only a fine downy covering, almost invisible. At puberty, boys and girls develop hair on their pubes and under their arms. There are several possible reasons for the presence of pubic hair—as a marker for the sexual regions, as a sign of adulthood, or as a carrier for sexual odours to attract a mate.

As thinking beings, we have made many changes to the natural state. Some of these may be deplorable—pollution and weapons of mass destruction—but others have improved the length and quality of life. For thousands of years men and women have tried to improve their physical appearance. Either to be in fashion or to please their own taste, both sexes have had their head hair cut, singed, curled, straightened, dyed, waved, oiled or perfumed. In various civilisations men have either had elaborate beards and moustaches or been clean-shaven—though to use a Roman razor must have needed courage!

Pubic hair has been even more a matter of fashion. It seems that few have had the courage to be different from others. In ancient Egypt and in Rome both men and women depilated—in Greece, men shaved only legs and the women everything. The Dodingo tribe of Uganda, Trobriand Islanders, Brazilian Indians, the Bakitara and Ba-Ila of Affica all depilated. The black Sudanese and the Japanese have traditionally disliked body hair. Muslim men prefer their women to be shaven, and Crusaders returning from Arabia brought back to Europe the idea of depilation for women, which was soon all the rage among the aristocracy. At Lyons in 1525 it was thought most elegant to have no body hair.

Great painters such as Michaelangelo, Botticelli and Raphael

did not paint pubic hair—whether by 'artist's licence' or because the models depilated is not known.

But fashions changed. In the 17th century pubic hair was the in thing—wigs called 'merkins' were used, and these were still on sale in the 19th century, now called 'bowsers.'

Most people, until a few years ago, would not even have thought of depilating—or, if they did, there is no record of it. Although one or two of the early nudist clubs are said to have insisted on the clean-shaven look, the nudist movement as a whole has looked askance on those who are different.

However, the 'sexual revolution' has cleared the air and enabled people to discuss the possibilities. Mary Quant suggested that women trim their pubic hair, perhaps to a heart or other decorative shape. In a recent American best-seller, 'Loving Free' (not about 'free love,' by the way), Paula and Dick McDonald describe their embarrassment at the doctor's and in the changing room when they decided to depilate.

And now for the arguments. Why should anyone *want* to remove their pubic hair? Is it natural? Isn't it effeminate for men to do so? Do men and women like their partners shaven?

There are several reasons for depilation. All of these are controversial, of course. The first is aesthetic—that the human body looks better without tufts of coarse hair spoiling the line, and causing an unsightly dark patch. Some would oppose this, for in their view the body without hair is 'unfinished.' This may be only conservatism.

The next reason is comfort. It is true that there is a pleasant feeling when swimming and sunbathing totally bare, but even one day's growth of stubble can snag on nylon underwear—and shaving rash is not uncommon.

Elsewhere, Susan Mayfield mentions depilation. A dread subject. Whenever it arises our correspondence columns are submerged beneath a sea of letters. But it is a subject of immense interest to our readers. Perhaps rightly so, especially now that we are taking to the free beaches. We take loving care of the hair on our heads. And although in this article Robin Hoare is mainly concerned with depilation we have noticed a growing tendency for the pubic hair to be only partly removed. What is left is shaped. Fashion pointers for the well 'dressed' nude of tomorrow?





Then there are the sexual/sensual reasons. Oral sex is certainly more acceptable with a lover who depilates, and it is very much easier to stimulate the pubic region; and more pleasant to the one touched. There seems no real reply to this, unless on the grounds of personal preference.

The Brazilian Indians regarded it as degrading to resemble animals. But enough is now known about *homo sapiens* and other animals to make the differences and similarities sufficiently clear.

The attacks begin. It isn't 'natural.' Neither is it, of course, for men to shave the chin, women the legs, or either to have their hair cut. 'Natural' is one of the most misused words today, and usually means what the speaker wants it to mean. Are houses or cars natural, or is it natural to cook food?

It's effeminate. Well, pubic hair grows on both sexes—if it's effeminate for men to shave, it's mannish for women to do so? And it seems that few homosexuals depilate.

As for whether men and women prefer this in their partners—King Solomon is said to have insisted on the Queen of

Sheba removing 'Nature's Veil' before he would sleep with her. No doubt many moderns have never even considered the possibility, and if so have been too shy to suggest it. Women in general seem to think that their pubic hair is attractive to the male, and those who shave do so at their partners' request. It is strange if this preference is really so, when for centuries the Arabian male has admired the 'hairless peach'—in fact, plucking the hair has traditionally been the task of the bath-house women.

Do men see pubic hair as a sign of their virility? Hair on the chest was once considered a sign of male strength, but of course body-builders make a point of removing hair from legs and torso. One might suspect that such a 'sign' is only needed by those who have no other way of demonstrating their manhood! In fact, an untidy bush hiding the genitalia can hardly be said to enhance the masculine image.

A more practical objection is to the time taken in maintaining a smooth body. This was valid in past times, but with modern razors a few moments under the shower, or a minute with a rotary electric shaver are all that are

needed. Nudists are better off than others because a good tan makes the skin thicker and reduces any possible rash.

Is this article an argument for depilation? Not at all. It merely seeks to explore the subject, and to plead for liberality—for freedom of choice and for self-expression. Your body belongs to yourself and your partner, and you are the only judges of what is best. It would be fine if everyone were to try depilation for a few months, and perhaps enjoy the change from one custom to the other and back again. There is the possibility of bleaching or dying the hair another colour—with due safeguards against skin irritation, of course. Or perhaps try trimming the hair to a becoming shape. I did hear of a fellow who trimmed his to a '?' but that was questionable! At least the same care should be taken as with head hair. We as nudists should be the first to be tolerant, but one wonders if there are those who hesitate to join a nudist club because they are scared of being thought different. I hope not.

So you've decided to try the smooth look. How do you go about it? There are many ways of getting off hair—burning it off, hacking with blades, rubbing with stones, eating away with chemicals, ripping it off embedded in wax. Sounds rather dangerous—and it can be if you

When pubic hair wigs were in

are not careful.

The problem is the nature of the hair and of the area. You have a combination of coarse hair—as on legs, but usually curly—and sensitive skin—as on the face, but with nooks and crannies and various projections. There are also sensitive mucous membranes to keep undamaged.

The most obvious method is to use a razor. The best possible razor is of course the old cut-throat, but few people have the bravery to use these—especially for our purpose! The next best is the modern twin-blade. Make sure that it is sharp, because a blunt razor has to pass over the skin several times with consequent abrasion. The bath or shower is the best place, and as with all the ways mentioned it is very helpful to have a friend or spouse to assist. Many couples get quite a kick out of mutual depilation. The trouble with a razor is the possibility of local infection (which means pimples) and the rough feeling within even twenty-four hours. The ends of the hairs are sharp and catch in nylon underwear. However, a little antiseptic cream afterwards (e.g. 'Savlon') is helpful. The electric razor would seem to be even simpler. However, these

cannot remove long hair (though the trimmer attachment can) and the only type able to shave curly hair is the rotary, such as the Philishave. The shave is nearly as good as with a wet razor, but the same objections apply. Even an electric shaver can nick skin and cause irritation. Methods used to remove leg hair include emery gloves and waxing. The emery glove works on a straight, firm base, such as the shin, and I cannot imagine it used on the pubes. Waxing involves melting a fairly rigid wax and pouring it over the area so that the hairs are embedded. Pulling the wax then plucks out the hairs. This is quite painful, even on the legs, and this method too should not be used on a really sensitive region.

However, if one is prepared to take time, individual hairs may be plucked out by holding them in strong tweezers. This hurts less than expected, provided that the plucking is done vigorously. An advantage is that it takes some time for re-growth to be noticeable, and some hairs never do so. But beware of infecting the hair follicles—cleanliness and a mild antiseptic are essential.

There are many advertisements for both professional and self-administered electrolysis. Equip-

ment for the latter should never be bought—not only is electrolysis a skilled treatment but the home 'electric pencil,' or whatever, works on the slow and rather ineffective galvanic principle. Even professional electrolysis clinics, using the diathermy process, need careful checking—not all are fully competent, some are extremely expensive and some may refuse to remove pubic hair. Electrolysis is, or should be, a permanent process—so that if after all you prefer the old style you will have to see a wigmaker!

Depilatory chemicals are very ancient in origin. Caustic pastes prepared from ashes were used two thousand years ago, and the principle is similar to that of modern depilatories. The difficulty is that anything capable of removing hair will also remove skin, as the two are chemically similar. The best of modern cosmetics are safe enough, though, if used as directed. Preferably experiment on a small area first, and never use on broken or abraded skin. Depilatory creams are expensive, and one way to economise is to remove all but the last centimetre or so of hair first with scissors, being careful not to scratch the skin.

The advantage of depilatories is that hair is removed from awkwardly shaped areas, and re-growth is quite slow.



**DON'T MISS THE
GIANT PULL~OUT
MAP OF EUROPE'S
FREE BEACHES &
NUDIST RESORTS
INCLUDED IN OUR SPRING SPECIAL**

Yes, we're giving it away and it's all due to you, our readers. You wrote to us and filled in our questionnaire, letting us know what it was you wanted from your favourite naturist magazine. So we're giving it to you!

You'll find it in our Spring Quarterly; a free pull-out map of Europe. On it is marked every known resort, club and free beach from the North of Scotland to the Sinai.

You'll also find a detailed list with your map to give you an overall picture of the nudist scene. But there's more to come!

In every following Quarterly we'll be looking at a small area on the map in great detail. Our roving reporters will be all over Europe. And you'll be able to reap the benefit by having constantly updated information on what's going on in Europe—and where—and how. And it won't cost you a penny extra!

Are you still there? Or have you gone down to your newsagent to place your order for H. and E. Quarterly? We hope so. It's not an offer to be missed.

Have a good time exploring Europe this summer.



HOLIDAY PREVIEW

You may have enjoyed this issue of H. & E. You will enjoy our next quarterly special even more. It's our holiday time preview — join us in Agde; join Norman Grove in Greece; be with June Barry in the States. No other naturist magazine packs so much holiday information between its covers. Don't miss out — place your order for our Spring Quarterly now.

WATCH THE BIRDIES

Would you like to be one of our photographers? You would? Then imagine you are. Is it the easy job it looks? Well, after you have read this piece by Severn Miller you may decide there are easier ways to make a living.



HAVE you ever thought how difficult it is? Have you ever wondered at the plight of the photographer taking the pictures we publish? Somehow we think this set of pictures well illustrates the problems.

First of all you have to remember the constraints. Nudist photography is a speciality of its own. Over half a century certain approaches have become established as the acceptable face of nudist photography. Other aspects represent the unaccept-



able. It just so happens that one of the unwanted aspects is in neighbouring fields the most wanted. We refer to the 'pin-up' pose.

The replies to our questionnaire indicated that readers found little to object to in nude photographs. Many pointed out that nothing was objectionable about the human figure and the whole basis of naturism was acceptance of the body. So a great many of the replies left our list of things you might find

objectionable in pictures unmarked. But those who did mark objections put 'pin-up' poses at the top of their list. This means the naturist photographer is denied the old stand-bys of other photographers.

Next comes the difficulty about variety of picture. It is easy enough to line up any group and take a picture and then put the camera away. It is a different matter if you want to take a variety of shots. 'What can we do now' is the oft heard despairing

cry of the defeated cameraman.

Further, one of the acceptable kinds of naturist photograph is the group picture. But groups are notoriously the most difficult. Especially a group containing children. Just get the parents right and little Fritz rushes screaming out of the picture. Or get Fritz right and Dad's head spins round to follow the progress of a passing pretty girl. The photographer often feels he can never win.

You doubt this? Well, let us

take a look at the pictures here. We kick off with a couple of colour in the typical naturist manner. Nice shots of young and not so young women. Good. Now the photographer has broken the ice, what next. 'Ah,' you can almost hear him say, 'that's a nice 'prop' girls—see what you can do with it.' The result is the plastic pool pipe gets wrapped this way and that. A passing male shows interest—who wouldn't. He is cajoled into joining the girls. But capturing





the odd male like this has its drawbacks—not least is the silly grin adopted by most males only too conscious that they are there only as a background for the girls or, might we say, as a foil. If you happen to be a right basic male chauvinist pig—and most of you are—playing background to the feminine sex is no fun.

Eventually the pool pipe lark is exhausted. What then? Well, what would you do? That's right, search around for something else. A ladder perhaps. Or in desperation the pool edge might have possibilities. 'Now look up at the sky, girls. . . not like that dear. . . down a bit. . . not, not you, Julie. . . Oh damn, may as well take it anyway.'

You can almost feel the photographer's agony. 'If only I could let go with a few good old pin-up poses—how easy it would all become.' The result, as we all know, is that most do give up. It's a regrettable fact of life, but come to think of it, what would you do?







What is the best camera for figure work? Murray James has said in the past that any camera will do. But in this article he appears to be having second thoughts. Not his fault really.

More the fault of the increasingly popular cameras designed for family use and using 110 film size. But the ability to produce good pictures depends not only on the camera you buy, but also on your ability to use it with skill and precision. Some useful hints on both this month.

READY, STEADY, SHOOT!

WHAT is the best camera for naturist photography? This was a question frequently asked at our Nativist Leisure Club photo sessions last summer.

My usual answer has been 'anything will do.' Fortunately that is true. It just so happens that the camera made for amateur use is quite satisfactory. Or rather it was until the phenomenal increase in the number of cameras using film smaller than 35mm.

I will be accused by many of prejudice. I have seen remarkable enlargements from cameras using this film. But the trouble arises because many cameras designed to take this film size are also designed to sell at a relatively low price.

And one of the easiest ways to save money is to fit a lens of inferior quality. Inferior quality, that is, when compared with those made by Japanese manufacturers for their best 35mm cameras. The point I'm trying to make is that most of the 110 film size cameras are designed for the person who wants just small size snapshots of the family and friends—usually on colour print film.

The manufacturers wisely say: why then should we fit a lens which is capable of giving results way above those demanded by the ordinary snapshooter? Es-



PHOTO CLUB

Our competitions are open to all readers. There are three categories where the prizes are: First £10, Second £5 and Third £3. They are **Female Beauty**, **Group Pictures** and **Men**. In addition there is a **Special Class** to cover any other Nativist subject. You must put your name and address on the back of every print or attached to the cover of your colour slide. Also, we must have your assurance that the subject agrees to publication. Note that we cannot use colour prints, only transparencies. Black and white prints are not returned unless specially requested and stamped and addressed envelope or international postage coupons enclosed.

pecially since that would put their cameras beyond the price of their competitors.

But there is a world of difference between what is suitable for the family album and what is required for any sort of enlargement beyond the very smallest. If you are keen enough to take your figure photography seriously, you are not going to be content with a print smaller than about 20cm by 25cm (or 10in. by 8in.).

When it comes to publication, you will see that this magazine often runs a picture across two pages. To do this from a 35mm slide is impossible unless the slide is perfect.

So while a 35mm slide produced by a camera with a good lens is quite capable of that

amount of enlargement, not all photographers take enough care to ensure a perfect result. By far the greatest fault we see in slides of the 35mm size is handshake and faulty focus.

The only way to ensure perfect steadiness is to use a tripod. If you have gone to all the trouble to find a model, and perhaps pay her, you shouldn't run the risk of messing up your pictures for the sake of a little extra care. Regrettably, the tripod is out of favour. Our hero cameraman of today is always seen on TV or film snatching his pictures with gay abandon while waving the camera in the air. Perhaps a hand-held camera is essential for news reporting, but not for us. Of course, you sacrifice some

freedom. However, I do implore you to take at least some of your pictures on a tripod. Then compare them with your hand-held shots. You will be astonished.

I mentioned faulty focus. This is rarely troublesome when the lens you are using is what we might call a 'normal' one. For 35mm cameras it is usually one of about 50 to 55mm focal length. If you set the camera at f8 and the distance at 3 metres (or around 10 feet) then everything will be in acceptable focus from about 7 feet to 12 feet—roughly speaking—and using a 50mm focal length lens. Then you needn't bother with focus at all since you are rarely going to work outside these distances. This can be particularly useful for those who have difficulty with focusing either because they wear glasses or should do so.

Most of the focusing trouble arises today with the use of the zoom lens. These are getting more and more popular. I noticed many at our H. & E. photo gatherings last summer. It was commonplace for the photographer to stand off some distance from the girl and then use the zoom to increase the image size. Unwittingly he could find that instead of using the usual 50 to 55mm focal length, he would be working perhaps at a focal length of anything between 80 and 200mm.

Now it is a well-known fact that the longer the focal length of your lens the harder it is to avoid handshake. If you don't believe me, try looking through a 500mm focal length lens and see if you can keep the image perfectly still. So what happens is that many of our zoom lens pictures suffer from shake. Again, the depth of focus, that is the depth of picture area in focus, is greatly reduced leaving no room for the error we can all make.

So my advice is stick to the 'normal' lens and if you have any difficulty with focusing use an aperture of f8 and a distance of 3 metres. Then concentrate on keeping the camera absolutely steady.



'Look at that lot over there—I said you could have won.'



Eureka Club's King and Queen of last summer.



Eureka Club's girls step forward to be judged.

Female Form

First [left] goes to Mr. Nicholson. The £10 should help buy some films for this summer's outings.

Second [below] with £5 goes to Martin Davies; and

Third [right] and £3 goes to the photographer of Zuki. So Zuki moved her head. Hardly the photographer's fault.



Action

First [left] and £10 is collected by Mr. Coe of Essex.



Second [left] and £5 is picked up by Ted Greaves of Bristol.

Third [above] goes to Mr. R. Brown of Tunbridge Wells. Strange they should all be the same girl.

READERS' PHOTO CONTEST

THIS month we come to the last of the prizes awarded for the best pictures taken during our Photo Club sessions last summer. It is rather embarrassing to report that in spite of pleading with the readers attending our photo get-togethers we still have pictures winning prizes with no name or address on the back. Readers who wish to claim a prize will have to forward the negative and enlargement since there will be many pictures almost the same.

Let us look first at the Female Beauty Section. First prize of £10 goes to John A. Nicholson of Sheffield for his delightful study of Kim taken at our last Ashford session. Second and

third prizes are lifted by Martin Davies who collects £8 for his trouble. Jane is in the picture placed second and Suki in the one placed third.

In the Action class, Mr. Coe of Essex collects first prize of £10, Ted Greaves of Bristol takes the second prize of £5, and Mr. R. Brown of Tunbridge Wells finishes 3rd with £3.

Finally, B. Morrison of Sevenoaks takes the first prize of £10 in the Group section, with second place going to Nicolas Wheatley.

This coming summer we will make more effort to include men among those photographed. Any volunteers, preferably living near London—men or women—should write to the Editor.

I must say that I was agreeably surprised at the high standard of all the pictures we received. We would have liked more. I was told at our dinner evening in London that many of you use colour only. Perhaps next summer you will try just one or two rolls of black and white.

Those of you who use colour negative (for colour prints) should remember you can make very acceptable black and white prints from those colour negatives, especially if you use Kodak's special paper for this work—Panalure.

Join Photo Club again this summer. For details write to Peter Walker, 19 Croft Way, Sevenoaks, U.K. Please enclose a stamped addressed envelope or post office reply coupon.



Readers Photo Contest

Groups

First [above] goes to B. Morrison of Sevenoaks, Kent, for this study taken at Eureka Club.

Second [right] and £5 goes to Nicolas Wheatley of Stroud. Regrettably there were not enough entries in this category to award a third place.



NEWS ROUNDAABOUT

Artist's Community in Greece

Anew resort is opening in Greece this May, near the fishing village of Marmari on the island of Evia.

At the moment camping is offered, but 12-15 new bungalows are being built. The site offers all its own home-grown products—yoghurt, honey and salads, and fruit which grows profusely on the island. Tons of fresh fish arrive daily at Marmari, just one mile away and, if you prefer, you can walk there for a restaurant supper.

Some people are already resident at the resort and the owners hope to start a community of artists, writers and other creative people. The idea is that everyone contributes what they can, including labour; free food and accommodation is offered to students and similar people in exchange for four hours daily work in the grounds and gardens.

For further details and a brochure please write to: Mrs. A. Harrop, Kiristou 9, Plaka, Athens.

First time in West End of London

Have you got a pound to spare? Why not go for a swim at the London Health and Sauna Club? You can go on Thursdays between 7 p.m. and 9 p.m. or on Mondays between 8 p.m. and 9 p.m. Also available are drinks and light refreshments and other health facilities will hopefully

(we hear) be included.

Unfortunately you have to take the usual precautions if you are a single male; either get a present member to introduce you, or else present your valid club card or INF card at the door.

Further details are available if you ring 01 205 9251. The address of the club is Porchester Hall, Queensway, Bayswater, London W2.

Little Acorns?

Pamela and Bill from Lincolnshire sent us a big thank you for our help in establishing beaches in Lincolnshire. Triumphant they report two new tolerated beaches in Lincolnshire—North Coates, Mablethorpe, North End and Theddlethorpe, Saltfleetby Dunes.

Anyone interested in joining Pamela and Bill's Victoria Sun Beach Club should write to Victoria House, 222 Sandringham Road, Cleethorpes, Lincolnshire DN35 9AD.

Are You a Free-Thinker?

If so, you may like to meet with other people for a free exchange of ideas—and the place to do it is with The Progressive League. They tell me that several of their members are keen naturists who are always welcome to join.

Meetings, lectures and parties take place about 14 times a month and they publish a magazine for members called 'Plan.' The plan is for freedom

and progress! H. G. Wells was one of the founder members.

We hope to do a story about the Progressive League later in the year, but meanwhile, their address is: The Progressive League, Albion Cottage, Fortis Green, London N2 9Ep. Tel. 01 452 8358.

New Holiday Firm

Not a naturist tour operator as such, this firm are offering holidays in Ibiza at the Hotel Algarb, within easy walking distance of a well-known naturist beach (see our last Winter Quarterly).

Portland Travel work directly with the customer—they have no truck with agents!—so their

price is eminently reasonable. For details ring 01 388 5111.

Health Warning for Ladies

Researchers have considered for a long time that talcum powder may well be carcinogenic, but had no proof. However, a report from the National Cancer Institute in the United States says that particles of talc were found in a significantly high proportion of ovarian tumours.

It seems that talc can be carried up through the body from the vagina. So please, ladies, don't use talcum powders on your vulva after a bath, and never use talc to dust a contraceptive or a tampon that is going to be inserted.

Don't Struggle on Alone!

Do you leg it down to the newsagents every month only to find they've sold out?

Don't be the last with any naturist news. Have H. and E. delivered to your own front door every month. Put 'The Times' on one side and read Health and Efficiency with your morning coffee.

Fill in the form below for your subscription.

SUBSCRIPTION FORM

Print your name and address in block capitals and post with cheque/money order to:-

Health and Efficiency,
Peenhill House,
Payne House,
23/25 Smithfield Street,
LONDON E.C.1.

Please send	Tick where applicable
12 issues H. & E. Monthly	PRICE £11.00 <input type="checkbox"/>
4 Issues H. & E. Quarterly	PRICE £4.50 <input type="checkbox"/>
12 Issues H. & E. monthly plus 4 H. & E. Quarterlies	PRICE £15.00 <input type="checkbox"/>

NAME

ADDRESS

.....

Date if first copy.....

Overseas Subscription Rates on application.



FREE BEACHES IN BRITAIN: THE MAGNIFICENT SEVEN

During last summer a number of beaches were designated as officially accepted for nude sunbathing and swimming. Here is the list as at our date of going to press. We expect by the time this appears there may have been several more designations.

Corton, Lowestoft, Suffolk.
Fairlight Cove, Hastings, Sussex.
Leysden-on-Sea, Isle of Sheppey, Kent.
Reculver, Herne Bay, Kent.
Slapton Sands, Devon.
Ardeer Beach, Stevenston, Scotland.
Gailes Beach, Irvine, Scotland.

CORFU GUIDE

I AM a regular reader of H. & E. and have this summer spent four months in Greece and thought it would interest your readers to know that a number of free beaches can now be found there.

I will start with Corfu where I spent three months. The most popular beach is called MYRIOTISSA and must be one of the most beautiful beaches in the world. It is difficult to find if you don't know the turning. From Corfu town follow the signs to PELEKAS and GLYFADA and when you arrive in Pelekas take the road to Glyfada Beach and then take the first turning to the right, signposted ERMOOS. Continue until you see a dirt track road on the left (after approx. two miles. It's the — (word illegible, Ed.) one on the left, so you should not miss it. Continue down there to the beach. The road is quite steep in parts and parking is sometimes difficult at the bottom, but there is a car park at the restaurant at the top just before you get to the beach. If you go by bus just ask for the Glyfada beach bus, then get off at the Myriotissa turning. It's about 15 minutes' walk down the dirt track.

Camping is allowed at the restaurant at the top of the hill,

but most go to the VATOS (about 20 minutes' walk) where you can get a good cheap meal. Bed and breakfast places can be found at about 50 to 150 Drs. per person/night.

PELEKAS beach is next door to Glyfada and is about 15-20 minutes' walk from the village. Three tavernas at the rear of the beach serve Greek food. The beach is popular with the young because the walk back up the hill is very steep.

AGM. CMEORGMIOS beach can be found in the south-west of

the Island, about an hour from Corfu town. It is about 6-7 kilometres long and completely deserted even in July and August. It is possible to walk for a couple of hours along the beach with nothing on. Remember to take plenty of water with you. The sea is very clear and good for swimming. Nearly all of the tourist hotels are on the east side which has rocky beaches and where even topless is forbidden. The beautiful beaches I have mentioned are on the west coast. They have long, sandy stretches

and sand dunes.

Besides Corfu, the next most popular Island must be MYKONOS. Here you will find MYHONOS—one of the most beautiful villages I have seen in Greece. All the beaches are out of town and you can take a bus, boat or taxi. Most famous is PARADICE, also worth visiting are SUPER PARADICE and PAPANGA—all are nudist beaches. Most of the other beaches I visited on Mykonos had nudes but the police trouble them.

I was surprised to find that Greece is now accepting Naturism though it is still illegal—even to go topless. The best time to go is May, June and early September—less people, less heat, and still lots of sun.

Poste Restante, S.M. Jones
1884 Villars,
Switzerland.

NOW that a few local authorities have allowed the establishment of Nudist beaches, and no doubt others will follow suit when they see that their worst fears are not realised, I would like to see a few enterprising camp site owners set aside a suitably screened part of their grounds for nudist campers and caravanners, of whom there are probably many thousands—not necessarily club members or even registered supporters—just ordinary people who like to take their clothes off and soak up the sun among like-minded people, without the fear of the weight of the law descending on them.

Obviously it would be necessary to either:-

- (a) carry some sort of recognition sticker on the vehicle; or
- (b) book in advance and present a letter of acceptance of booking.

Readers Letters

addressed to: 'Health & Efficiency',
23-24 SMITHFIELD STREET,
LONDON E.C.1.

Unfortunately it is impossible for us to publish all the letters we receive. Since we have to make a selection, preference will be given to those who type their letters and add their names and addresses for publication. We feel the time has come to eliminate the practice of anonymity. If you are ashamed of your naturism, why write to us?



So many people, both from abroad and the U.K. now like to strip off on holiday, that some sort of recognition signal would seem to be in order. I'm not suggesting something like a masonic handshake or similar, that would be too ridiculous for words, but rather, for example, a small pennant which can be tied to tent or back-pack, and a plastic film sticker for the car window. The design, I suggest, could be a yellow disc on a blue ground, not too large, but easily recognisable. Camp site owners operating a nudist section could incorporate this symbol on their international camp site sign, thus nudists world-wide will know where they will receive a welcome, and there would be no need for any elaborate arrangements.

There must be, among the ranks who read this magazine, at least one businessman with the facilities to produce such a sticker and pennant, which can then be marketed through C.C.B.N. and the international organisations, with some profit to the parent bodies, and helping to finance their pursuance of the nudist beach policy, and to which can now be added nudist camp sites.

I have deliberately devised this simple system though, doubtless, somebody, somewhere, will want to build in all sorts of elaborate safeguards which will, I believe, only serve to slow down the spread of nudism which, after all, is our aim—the complete acceptance of social nudity, wherever and whenever the occasion, the weather, and the location may warrant.

I look forward to reading comments on the foregoing and, to this end you may print my name and address so that anyone sufficiently interested can write directly to me.

Peter Sackley

9 Hencliffe Road,
Stockwood,
Bristol BS14 8AP.

(We have in mind the marketing of T-shirts for our readers. Perhaps a suitable design might come to the mind of some reader. If so, let us have a look.—Ed.)

THE JOYS OF NATURISM

MY family and I (I am 36, my wife 33 and two children) are rapidly approaching the end of our first year of Naturism. It has been the most happy year we have ever had. It is for this reason I am writing. I would like to share our joy with others and help anyone who is considering Naturism to take the plunge. We have been reading H. and E. regularly ever since we took to



Naturism. Indeed, H. and E. was our first point of contact with Naturism, i.e. the Directory of Clubs. From this we obtained the address of the CCBN, obtained a *Naturist Handbook*, and then approached the club of our choice.

After this I am always bound to think affectionately towards H. and E. However, I do have a few observations to make on the *Naturist* press in general.

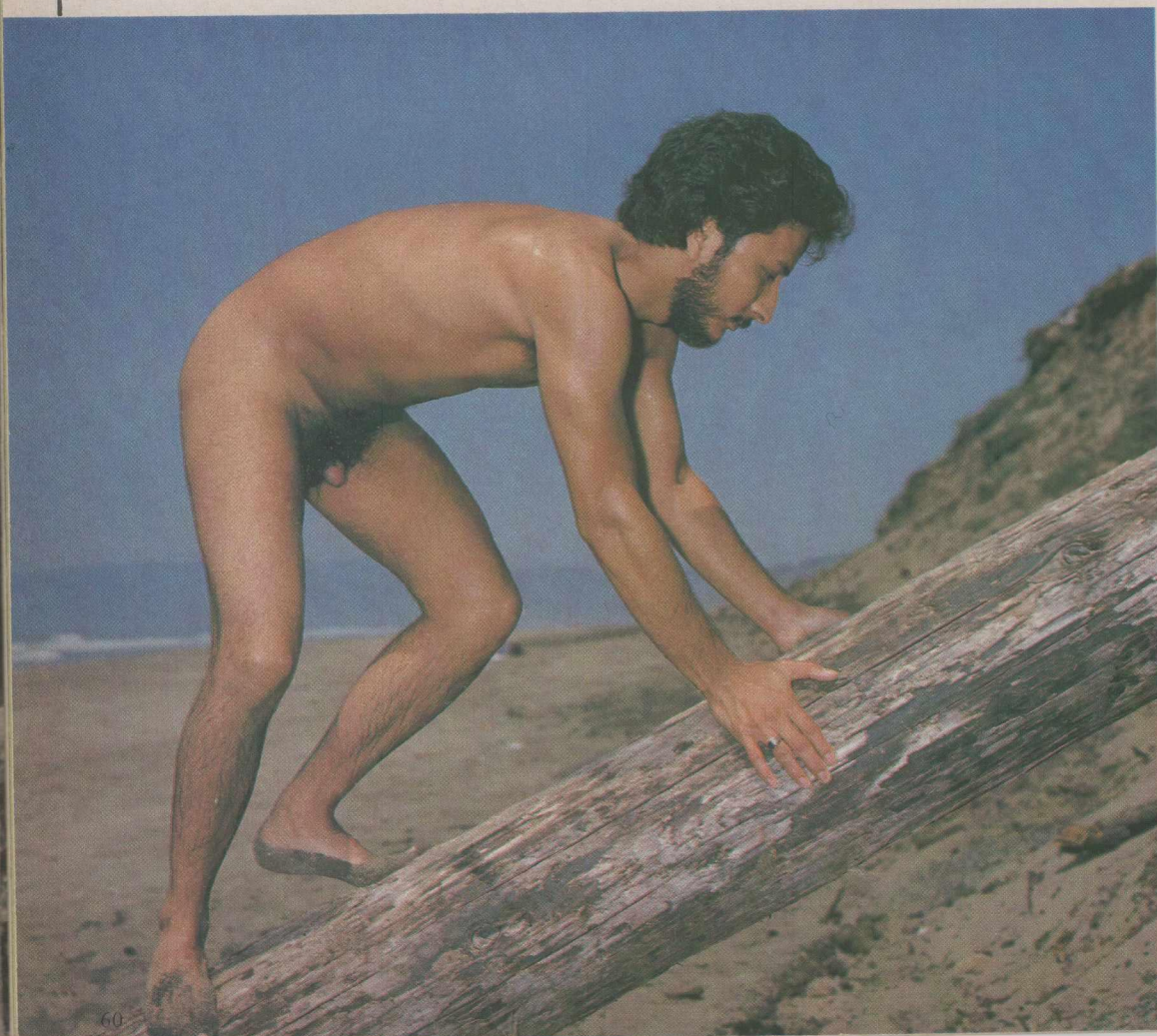
I am always a little perturbed by the criticism of naturist clubs. We are members of Valley where we have spent many happy week-ends camping. Here we have found the members very helpful and friendly. The work involved is not overmuch. If members do not look after their own club, who will? Though I respect the right of the individual to go one's own way, I can fully recommend club life as an ideal way of living a part of one's life nude and socially.

We were attracted to Naturism for various reasons: At home we had always been Naturist, and tried to teach our children the facts of life with everything in perspective. This we do by being natural with them, giving explanations where needed. Our intention being that they will grow up seeing the opposite sex as people first and foremost. However, we found that despite our efforts, relatives and school

friends were gradually giving our children other standards. It was 'rude' to be unclothed, smutty remarks, etc. All our work was being undone!

We thus decided to go and mix with a section of society who, like us, were not permanently obsessed by sex. What a joy life is now. We are much closer to our children. We have no barriers between us. We live totally free of all the fetters of clothed convention, guilt, fears of making sure that certain parts of us are covered, etc.

I find it perturbing to read that Naturists are either voyeurs or exhibitionists, this resulting in people not attending clubs when their bodies are past their presentable best. What nonsense! During the past year we have visited five clubs. I have noted that the people present have been in the same proportions that they would be in any part of society. Old, middle-aged, young, children, pretty, handsome, fat, thin, ugly, etc. I must admit, as a man, I like to see the pretty girls. Who wouldn't? But somehow one sees other people as complete people. The parts of the body so attractive to the clothed society do not seem so obvious. It makes me mad to hear comments about sexuality in clubs. It doesn't exist. There could not be a more mature section of society than a group of Naturists. If they



weren't we would not be there. There are several exhilarating feelings one experiences as a Naturist, though one doesn't think about them. The great feeling of relaxation, freedom from cares and general oneness with nature one feels on casting away one's clothes. Another feeling one has is one of trust. As a man, to be trusted by all the women in the club or on the beach to see them as people, as they in turn see you. One is totally accepted as oneself. No one comments on appearance. That does not seem to matter.

Naturist publications serve a useful purpose in championing our ideal way of life, and helping others to be encouraged to benefit. I do feel a little unhappy sometimes that club life is not mentioned a little more often. Perhaps a regular feature on club news could be included or more details of events to come. Some adverts I find a little off-putting at times. We Naturists are supposed to (though finding the opposite sex attractive) see sex in perspective. I see *Naturist* publications informing the initiated or converting those teetering on the brink, or acting as a point of contact as they did for me once.



People looking for the adverts I find out of place cannot be real Naturists, or if they are they are not sincere. Our journals are wrongly enough considered as 'pin-up' books without encouraging the attitude. I do not mind attractive women and men featured. Indeed, why not look at the best? Though I would prefer to see more club pictures or pictures of happy families like mine.

My last worry concerns the fairly strong feeling abounding that to be a Nativist one must naturally be an atheist. My family are Catholic and happy to be so, though we would naturally respect anyone else's beliefs. We go to church regularly from the club (early to make sure we do not miss the sun). I know that so-called religious people are the first to condemn us as immoral and therefore it is easy to conclude that religious beliefs bring about the conditions that cause us to believe that we should be ashamed of our bodies. God created us without clothes. Had he intended us to cover parts of ourselves we would have been born with clothes. Adam and Eve lived unclothed. They only covered themselves when they

ceased to be innocent. Even then they covered themselves voluntarily, they were not forced. I consider that we, as Naturists, because we see each other as people, regardless of sex, standing in society or favourable or unfavourable appearance, are as innocent as children before the outside world indoctrinates them with its sex-orientated rules and codes. Indeed, it is they who see sexual connotations in everything. We don't.

Therefore, I would like to say to anyone who is considering

opening that door into the Nativist way of life, 'It seems a big door to open at first, but when open it is amazing how the world seems brighter and more wonderfully coloured inside.'
Batley, L. P. Riles
Yorkshire

HEALTHY MINDS IN HEALTHY BODIES

THIS letter is in response to the letter from Harry Liepman. In his letter he mentions that he is mystified by the open physical display of some young girls. This man cannot honestly be in touch with the true naturist philosophy. By my thinking this philosophy clearly accepts the human body as a decent and wonderful creation in its entirety. No one part should be singled out as indecent. The human reproduction organs must be accepted as a common, everyday feature of mankind in the same way as a nose, ear or ankle. Remember, when the latter had to be kept covered?

Boys and girls must be allowed to grow up with a healthy and honest appreciation of their own and other's bodies. They must not be exposed to the old-fashioned attitudes which result in excessive preoccupation with the bodies and members of the opposite sex. This preoccupation often overshadows the appreciation of the mind and character of the opposite gender. If a young girl is told that adult males go into fits of heavy breathing when they view a particular part of her body she is going to be embarrassed, confused and will always be thinking that boys and men are staring at her.

This attitude of lust at first sight must be gotten rid of, particularly by older men, before it has a chance to contaminate young minds. The young boys who grow up with nudist ideals will readily understand and accept that sex is just a part of a

total relationship with the women they love and marry. World-wide acceptance of nudism as a social cleaning agent is a long way off. In the meantime we can all do our best to 'clean up ourselves.'
D. R. Glenn

HELP WANTED

IN the Spring edition of H. & E. you invite readers to let you have news of free beaches in France which are little known or unknown outside France.

TORREILLES-PLAGE, situated 16 Km (9 miles) N.E. of Perpignan, belongs to this category.

Last summer this beach was still a free, wild beach, frequented by both textiles and nudists. The custom was that textiles went to the northern part of the beach, while the naturists frequented the southern part.

Recently, during the winter, the Société Civile Immobilière 'Merlin-plage' has built 50 villas, 300 yards from the beach, thus cutting the access for cars to the southern part of the beach which was traditionally reserved for naturists.

An access track is still usable, but the two best tracks going to the southern part of the beach have been, purely and simply, obliterated by the S.C.I. MERLIN PLAGE.

It would seem, furthermore, that future occupants of the villas of MERLIN PLAGE will be, above all, textile. I speak to you, therefore, all the more willingly about Torreille-Plage because naturism in these parts is *threatened with disappearance* next summer.

I have already tried to alert the French F.F.N. to this problem but it would seem that this organisation does not give a damn. It may also be—and this is my opinion—that the FFN hesitates to 'take on' a financial power of the size of MERLIN PLAGE.

In approaching you, I hope to be able to bring this problem to a large number of naturist friends of 'Perfidious Albion' (U.K.).

I draw your attention to the fact that TORREILLE-PLAGE is the last free beach on the Mediterranean coast before the Spanish frontier. (NOTE FROM PHIL VALLACK — TWO MORE REPORTED UN 'LA VIE AU SOLEIL'—one unofficial at Argeles-sur-Mer and one 'tolerated' at Saint Cyprien—63 and 64 in the FREE SUN). There are certainly other naturist beaches in a southerly direction (Saint Cyprien—Argeles—Pau-lilles) but these are reserved and paying beaches.

30 YEARS AGO

Among the readers who have been good enough to advise me is a man who has sent a bundle of cuttings taken from some of the periodicals he defends. One paragraph tells of the latest American publicity stunt: a strip tease act in a subway train; another reports the arrest of a woman who, while drunk, directed traffic while wearing nothing but stockings and a wrist watch; a third describes efforts of girl students to hit back at boys who clambered all over a fire escape to watch a bathroom window. There is evidence that such stories amuse millions, but the mere fact that naked or half naked women are mentioned does not make them naturist.

Wallace Arter in April 1951 H. & E.

(Strip tease, streakers and peeping toms. World hasn't changed much.—Ed.)

5-Berth Holiday Caravan in secluded garden overlooking the sea, near Blackgang Nudist Beach. Would suit young families. — For details s.a.e. to Box No. 1812.

Holiday Accommodation in Nudist Guest House. Full board. Solar heated pool. Sun lawns. — S.A.E. for details: Mrs. Camp, Hampton Villas, Crowpill Lane, Bridgewater, Somerset TA6 3JE.

Male Nudist (27) would like to contact young lady interested in Nudism for friendship and Nudist Club visits. — Box No. 1811.

Naturist couple have 4-berth Caravan for rent (water, electric, gas), situated in our own secluded grounds, close to Blackgang Nudist Beach, I.O.W. — Box No. 1810.

Economy Flights arranged for your destination in the sun or snow. Our terms will delight you. — For further details Tel. 020-16 3435 (5-7 p.m.).

Genuine introduction to the opposite sex as pen friends, companionship, holiday or permanent partner. — Write in confidence: The Link Introduction Service (Dept. N), 14 New Road, Willenhall WV13 2BH, West Midlands.

Naturist Photographs processed and printed in strict confidence. Colour films developed and printed £3.75 per 12 exps. Other lengths of film priced pro-rata. Post free. — O.P.C. Mail Order, 266 High Street, Orpington, Kent BR6 0NB.

SUBSCRIPTIONS

Subscriptions are available to people in the U.K. for £11.00 sterling. When writing for a subscription, kindly state with which issue you would like your subscription to commence.

Inexpensive, confidential friendship/marriage introductions. All ages/interests. Personal, discreet service. — Details from Gadshill, Waterside Lane, Gillingham, Kent.

Vacancies: Families and Couples. Regular Nudist swimming, Sauna and leisure centre activities. — Application by letter only (SAE), Chester Nudist Club, 31 Market St., Hoylake, Wirral, Merseyside.

Naturist Youth Group (age 16-27) welcomes newcomers. Nudist weekends, holidays, social meetings, etc. State age, interests. Photo appreciated — returned. Literature 4 x 10p stamps. — Box No. 1798.

Jersey Artist, single, 40, would like to contact female as pen-friend. Drawings or oil portraits from photos from £10. — Box No. 1821.

R14 Professional Prints from Colour Transparencies. 110 to 2 1/4 sq. 8" x 10" £2.70; 16" x 20" £7.60. E6 Processing: 35mm and 120 £1.25 unmounted. Over or underating Max. plus/minus 2 stops 95p extra. Other services available, including heat sealing and mounting. Full list upon request. Prices include VAT and postage. — C.W.O. please: John Mudd Photography, 8 Sheep Street, Northampton.

Male (35) would like to correspond with a female Nudist (16-25). E. Sussex only. — Box No. 1822.

Surrey Downs Sun Club. Couples and Families welcome. — Contact Membership Secretary, 80A Brox Road, Ottershaw, Surrey. Please enclose 4 x 10p stamps.

Divorced Male Nudist, mid-30's, would like to contact prospective or practising Lady Nudist with view to joining club, going on nudist holiday or enjoying casual bathing on South Coast. — Box No. 1825.

Male (35) would like to correspond with a Dutch, German or Scandinavian family. — Box No. 1822.

Come to North Devon Club for your sunbathing holiday this year. Full board and accommodation. Bedrooms fitted H.

Two Young Males, keen on alternative Nudist Youth Group for like-minded beginners. Informal outings/indoor social meetings. Pen friends too. Stamp please. — Box No. 1824.

Male (39), true lover of Nudism, wishes to hear from all who truly and genuinely love Nudism. Social meetings, outdoor life, etc. — Box No. 1828.

Photographer seeks Models — Families, Singles, Couples. South London/Surrey/Kent/Sussex. Good fees paid. No previous experience necessary. — Details Box No. 1826.

Canadian Businessman, young 41, generous, enjoys the good life, resident Geneva, frequent visitor Britain, seeks Female Companion for, holidays, Britain and Continent. — Box No. 1827.

Attractive Young Lady (27) (interests Nudism, Riding, Sport) seeks ambitious, attractive Male Nudist (under 35) to share interests, possibly marriage. Norfolk/Suffolk area. — Box No. 1829.

Male Nudist, single (40), slim, tall, quiet, seeks attractive Nudist girlfriend around 25-35 for sincere friendship, possibly marriage. — Box No. 1820.

Young Male (23), a newcomer, wishes to meet other young Male and Female would-be Nudists (17-25). Bourne-mouth/Southampton. — Box No. 1817.

I am a Professional Glamour and Nudist Photographer specialising in creative and romantic pictures. Travelling countrywide, I can photograph you and/or yours sensitively, naturally and confidentially for modest charges, at home or out of doors. I strive to make photographs true to the mood sought, e.g., genuine naturalness, erotic fantasy or ethereal romanticism. Being a contributor to many magazines and other publications, I also seek models for such work, for which I pay modest fees. See next advt. — Marcus Brown, 57 Bath Road, Worcester WR5 3AB.

Young Man (22) requires Nudist, Female penfriend aged between 17-22, c/o Box No. 1816. Photo if possible. All letters answered.

Fast Processing of your Colour Slides and Prints. Strict confidentiality assured by our small private Lab. — S.A.E. CDS Photo-services, 34 High Street, Welwyn, Hertfordshire.

Male (35) would like to correspond with a Female Nudist (16-25). E. Sussex only. — Box No. 1823.

Come to North Devon Club for your sunbathing holiday this year. Full board and accommodation. Bedrooms fitted H. & C. Huts in grounds. T.V., Hard Court for Miniten. Natural lake in woodland setting. Self-catering Caravans to let. Camping on level grassland. Local members welcomed. — Illustrated brochure and tariff send two 12p stamps to Secretary, North Devon Club, Beaworthy, Devon.

Single Young Male, slim, would like to meet lady, couples, to accompany on nudist beach, holidays, social outings. All answered. — Box No. 1809.

Asian Male seeks Lady Companion for nudist camp visits, Summer 1980 and occasional Saturday nights. Age, looks unimportant, London and adjacent areas. Box No. 1831.

New Club, 20 miles S. London, welcomes families, couples, some singles. Swimming pool, games, self-catering holidays, caravans, camping. — Box No. 1834.

Enjoy Sunbathing at Yorkshire's finest Nudist Club, Valley Club, near Harrogate. S.A.E. 10p for details to: Valley Club, Box No. 1830 c/o H. & E.



50P OFF
one night's pitch during
1980

Su W
M T
T F
S S

Shearburn TOURING PARK

THE GREAT OUTDOORS

★ Advance booking available—for tents and touring caravans

★ Dancing every night—bring your children!

★ Modern toilet and shower facilities open

★ Restaurant and self service store

Situated on the East Hill, just outside the ancient Cinque port of Hastings, overlooking the wooded coves and shores of the English Channel. Shearburn enjoys the peace and tranquility of the English countryside at its best, with all the comforts and amenities you would expect of a modern Touring Park. We are ideal for touring and some of the most beautiful examples of English history are in easy reach, for example Battle Abbey, Bodiam Castle, and Rye. Even London is under 70 miles away. Enjoy superb views, cliff walks or a nature trail around the Country Park.

If you want something more lively, we have two bars, a restaurant and a self service shop, and, of course, Hastings is only a short distance away. If you enjoy sport there is golf, fresh water and sea fishing, and all kinds of activities in the Hastings vicinity. We have an advance booking scheme for your touring caravan or tent, and if you have never slept under canvas we will hire you a tent for a holiday with an exciting difference.

Britain's first recognised nudist beach is within walking distance

For reservations and colour brochure, fill in coupon and send s.a.e.

How to find us in Hastings

The Park offers many facilities including:

- Two Bars, Dancing & Music
- Hot Showers
- Play Area
- Self Service Shopping
- Washing-up facilities
- Telephone
- Restaurant

NAME _____

ADDRESS _____

Facilities according to season

Shearburn TOURING PARK
Barley Lane Hastings East Sussex Tel. (0424) 423583 (24 hrs.)



My dearest wish for next summer would therefore be that a good number of naturist friends from U.K. who are making their way to Spain should route themselves through TORREILLES and stop there at TORREILLES - PLAGE to occupy the place in large numbers... be it only for two or three days.

To the south of Sigean, leave the main road (N9) or motorway (B9) at the 'four ways' (cross-roads?). Take the coast road (D627). After crossing the river AGLY (leaving the D627 after you have gone through Le Bacarès and taken the D81 in the direction of Canet-Plage, go towards TORREILLES-PLAGE (well signposted from north, east and south to the villas of 'Merlin

Plage.' though the track to the south is rather bad for cars). After having passed Merlin Plage the track on the south of the buildings becomes usable. (See detailed plan enclosed).

I take the liberty again of insisting to you that this is in the nature of a RESCUE OPERATION. If the summer of '79 was to go by like the summer of '78, I think that 'wild camping free of charge' may still be possible by the southern section of the beach, always provided that you can get to it.

P.S.—Might there exist a German organisation that could be interested in this problem? If so, what is their address?

138 rue Dedieu, Vian Hughes
Villeurbanne 69100,
France

MIGHTOIDS TONIC

for

**LOSS OF VIRILE TONE AND
LOST VITALITY**

MIGHTOIDS are not reactionary or likely to cause any ill after-effects. Restoring, as they do, vitality and stamina, they are recommended to all men with every confidence.

A MIGHTY TONIC FOR MEN

Mightoids are sold in two strengths

Concentrated Strength Capsules
£6.00 per 100. 300 £16.60

MIGHTEX TONIC FOR WOMEN
£5.50 per 100. 300 £15.50

MIGHTOIDS ARE PACKED IN POLYTHENE BAGS AND WILL RETAIN THEIR STRENGTH IN ALL CLIMATES.

Confidential Postal Service from:

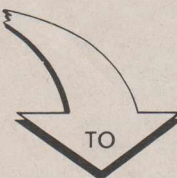
Sole Distributor:

G. FIERTAG, 34 Wardour St., London, W.1.

Write for our free Marital Aid Catalogue

Naturist Holidays

by Luxury coach
from London



South of FRANCE
Cap D'Agde

LUXURY S/C
APARTMENTS

14 DAYS

from only

£99

Port Ambonne Holidays

Keystone House, Plaistow Road, Dunsfold, Surrey

Telephone Dunsfold (048 649) 445

For Peak Performance

AP (Blakoe-BGP) provide the best and most discreet service in Sex/Health Products. Their exciting stock includes only research backed quality tested products:—The famous Blakoe Energiser — Phrodisine — Overones — Testrones. All products carry a full money back guarantee. This service is unique and for those who want a better and healthier life at work and play—it is only as far as your post box—

**to:- Associated Preparations
Larkhill Laboratories
255 Putney Bridge Road
London SW15 2PY**

Please send details of your products and current special offer post free to:-

Name

Address

enjoy sunbathing
AT YORKSHIRE'S FINEST
NATURIST CLUB

**VALLEY
SUN CLUB**
Nr. Harrogate

S.A.E. and 10p
for details to
Secretary,
Valley Sun Club,
Box 1732,
c/o Health & Efficiency



Fiveacres Country Club

THE NATURIST CLUB WITH ALL
YEAR ROUND SPORTS AND
SOCIAL ACTIVITIES

For Borchure send s.a.e. to:
The Secretary,
Fiveacres Country Club,
Fiveacres Avenue,
Bricket Wood, Herts. AL2 3PY.

Young Male (23), newcomer, uneasy
about large groups, wishes to correspond
with other would-be Naturists (18-28).
Possibly arrange visits to secluded beaches
or woodland. All letters answered.—Box
No. 1800.

Naturist Holidays in Pembrokeshire close
to quiet beaches, in better than average
accommodation. 2 Bedroom S/C Flat,
2 king-sized caravans all with own flush
toilets, mains water and gas, also camping
site—Booking essential. 50p please for
Brochure.—'The Old Smithy', Llandeloy,
Haverfordwest, Pems., West Wales.

Make Friends all over the world. Inter-
national Correspondence.—For details
please send stamped addressed envelope
to: Lisa's Letterbox, 22 Montpelier Road,
London W5, UK.

Stop Smoking with the REALISATION
METHOD. No pills. No aids. Only
£1 + s.a.e. for full method to:
REALISATION, BOX 1, 12 SANDSIDE,
SCARBOROUGH, N. YORKS.

Bachelor (34) seeks intelligent lady to visit
local club and swimming baths. Possible
naturist holiday in summer. I'm a regular
club member (Hertfordshire), but every-
body else seems to be couples! Photo
appreciated.—Reply Box No. 1818.

JANE SCOTT

FOR GENUINE FRIENDS
Introductions opposite sex with sincerity
and thoughtfulness. Details free.

Stamp to: JANE SCOTT
3/HE North Street, Quadrant,
BRIGHTON, SUSSEX BN1 3GJ

Own your own MOBILE HOLIDAY HOME

Specialty SELECTED
SITES AT CORTON, SUFFOLK
AND TRUSTHORPE, Lincs.

Close to beautiful Naturist Beaches

- ★ Superbly Appointed Units
- ★ Delivered and Connected to
full services
- ★ Competitive Prices

Letting and Management Service

SOLEIL CARAVANS

4 ANSLEY ROAD, HOUGHTON
CAMBS. Ring 0480-69362

The Specialist Naturist Company

EUREKA NUDIST CLUB WELCOMES YOU!

— Year Round —
Games Pools Parties
Modest Fees
Women and Children Free

For details S.A.E. to:

Mark,
50 Marling Way,
Gravesend DA12 4DN

Telephone:
Gravesend 64207
Longfield 4418

'BADGERWOOD' BERKSHIRE'S NEW 30 ACRE SUN PARK

'A welcome to newcomers'

The park offers newcomers a gradual
introduction to Naturism with its
pleasant informality to enjoy the
following:

Sunbathing, recreation and relaxation,
picnics and barbeques, woodland
walks and nature trails.

Access to:-

- ★ 4 HEATED SWIMMING
POOLS
- ★ SAUNA SUITE AND
SUNLAMPS
- ★ ON-GOING SOCIAL
EVENTS

★ THROUGHOUT THE YEAR

Send 5 x 10p stamps for full details,
advice to newcomers, Newsletter and
**FREE COMPLIMENTARY
ENTRANCE TICKETS**

Available to families, couples and
ladies residing within 40 miles of
Bracknell.

Write:

Berkshire Sun & Leisure Club
FREEPOST
Bracknell RG12 1BR

BACK ISSUES

Vol. 79, issues No. 12, 75p each.

Vol. 80, issues Nos. 7, 8, 9, 10, 11 and 12,
85p each.

Quarterlies: Spring, Summer, Autumn
and Winter, 95p each.

Confidential. Black/white processing.
12 exp. £3.14; 20 exp. £4.50; 36 exp. £7.22.
Hand printed.—Charles W. Gridley,
18 Moss Road, South Ockendon, Essex
RM15 6HR.

PHOTOGRAPHS BY MAXZINE

Lady photographer has intimate
photos of seductive women and girls
in frank uncensored poses for the
connoisseur.

Provocative details nudes—fully
unmasked £2
French knicker, exciting positions £2
Schoolgirl striptease erotica £2

S.A.E. for lists:

Miss H. Maxzine, P.O. Box 2,
Dereham, Norfolk.

Colour slide list, S.A.E.:
Miss Elaine, P.O. Box 2, Dereham,
Norfolk.

CLASSIFIED ADVERTISING

in Health & Efficiency costs 25p per
word—minimum charge £5.00 per
insertion, with a minimum 3 insertions.
Box Numbers count as two words and
cost an extra 50p to cover administra-
tion and postage. All advertisements
must be prepaid and sent to:

Advertising Manager,

Peenhill Ltd.,

23-24 SMITHFIELD STREET,
LONDON E.C.1.

We regret the increase in costs but, for
many years we have been offering this
service and, with constantly increasing
costs, it is not possible for us to absorb
these increased overheads. The rates,
though, are still very competitive—and
good value for money.

The Publishers reserve the right to
refuse advertisements without ex-
planation.

Classified—7 weeks prior to publi-
cation.

Display—7 weeks prior to publication.
If artwork supplied, 7 weeks prior to
publication, 9 weeks if not.

All replies to Box Numbers should be
addressed to: 'Health & Efficiency',

23-24 SMITHFIELD STREET,
LONDON E.C.1.



Men and Women why not enjoy a
sauna, massage and solarium at the
recently opened luxurious

STRATFORD SAUNA

LONDON'S ONLY NATURIST SAUNA

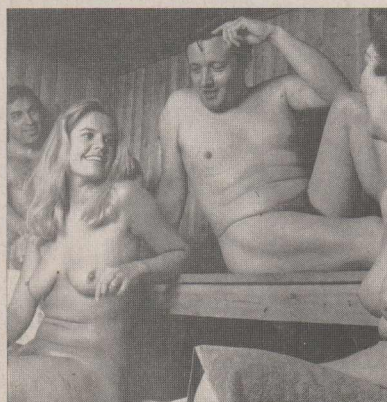
*it's the greatest way to stay
fit and healthy*

NATURIST SUN GARDEN 164 THE GROVE STRATFORD E15

Within easy access of Stratford
Tube Station on the Central Line.

Telephone 01-555 7966

Open 10.30 a.m.-10.30 p.m. Mon.-Fri.







**Everything for the
Naturist ~ Naturally**